

RESILIENCY VECTOR SELF ASSESSMENT

OPENNESS

1. I enjoy differences of opinion Yes No
2. I can change my point of view Yes No
3. I am a very good listener Yes No
4. Diversity is a good thing Yes No
5. Variety is the spice of life Yes No
6. I can be wrong Yes No
7. I don't know the truth about everything Yes No
8. I am willing to learn from mistakes Yes No
9. I am flexible Yes No
10. I am spontaneous Yes No

OPTIMISM

1. I am not afraid to start all over again Yes No
2. It's all good Yes No
3. Grey is a color too Yes No
4. This too shall pass Yes No
5. I can survive and thrive in tough times Yes No
6. I see opportunity in challenges Yes No
7. My failures have taught me great lessons Yes No
8. It is never so bad Yes No
9. Every dark cloud has a silver lining Yes No
10. Adversity is a gift Yes No

PURPOSE

1. I know what my north star is Yes No
2. I have long-term goals Yes No
3. I know my purpose Yes No
4. I am on a path Yes No
5. I created this for a reason Yes No
6. I know what needs to be done Yes No
7. I have clarity and focus Yes No
8. I am moving towards my goals Yes No
9. I am serving a higher purpose Yes No
10. I am aligned to my reason for being Yes No

HNF POWER

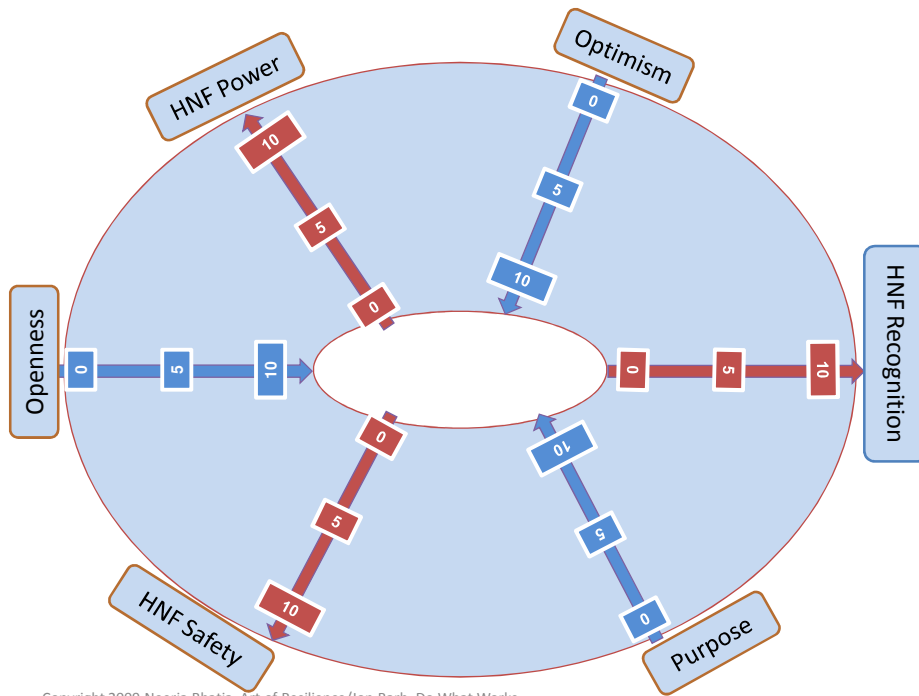
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|--|-----------------------|-----|-----------------------|----|
| 1. I like to take charge | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 2. I like to control the outcome | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 3. I like to control people | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 4. I get angry when things don't go my way | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 5. I can be manipulative | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 6. I can become stubborn | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 7. I close off suggestions | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 8. I like to know ahead of time | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 9. I will do anything to create order | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 10. The most important person is me | <input type="radio"/> | Yes | <input type="radio"/> | No |

HNF SAFETY

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|--|-----------------------|-----|-----------------------|----|
| 1. I often worry | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 2. I hold on too tight | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 3. I avoid conflict | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 4. I can become overwhelmed easily | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 5. I am first to make peace | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 6. I prefer to keep things inside of me | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 7. I come from scarcity | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 8. For me the glass is half empty | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 9. I find it difficult to see the light at the end of the tunnel | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 10. I hate drama | <input type="radio"/> | Yes | <input type="radio"/> | No |

HNF RECOGNITION

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|--|-----------------------|-----|-----------------------|----|
| 1. I try hard to prove myself | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 2. I go out of my way to get recognition | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 3. I am seldom satisfied with who I am | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 4. I get defensive when I hear criticism | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 5. I deserve more | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 6. I compare myself to others | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 7. I look for approval | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 8. I resent authority | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 9. I doubt myself | <input type="radio"/> | Yes | <input type="radio"/> | No |
| 10. I fight or flight when exposed to condescending people | <input type="radio"/> | Yes | <input type="radio"/> | No |



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