

Resilience Personal Development Check List

Check List Statements	1 Low - 5 High	Comments
I understand the negativity bias and how it impacts me		
I understand the Learned Optimism model and how I can apply it		
I use the adversity worksheet when faced with set backs		
I have tactics for 'taking in the good'		
I have used the pre-mortem template for stepping up to a challenge I am faced with		
I have reviewed the video on the negativity bias		
I have read and internalised the refresher document and supporting blogs		