

# RESILIENCY PROGRAM MAINTENANCE SCORECARD

NOW THAT YOU HAVE COMPLETED THE PROGRAM, regularly assessing how well you are sustaining your new habits is important. By taking time at the end of each week to complete the scorecard on page 244, you may be more motivated to continue leading a resilient life.

On a scale of 1 to 5 (1 being a complete failure and 5 being a complete success), rate how you feel you did this week practicing each resiliency principle, as well as how you feel overall about living a more simplified lifestyle. Use the space in the chart to record your thoughts on practicing each principle.

RAISING RESILIENT KIDS

Cornerstone 1 Active Living	Cornerstone 2 Balanced Living	Cornerstone 3 Connected Living	Cornerstone 4 Determined Living	Overall Simplified Living
Principle 1: <i>Active Movement</i> _____	Principle 3: <i>Simple Foods</i> _____	Principle 5: <i>Nurturing Relationships</i> _____	Principle 7: <i>Positive Mindset</i> _____	<i>Reduced Spending</i> _____
Principle 2: <i>Nature Engagement</i> _____	Principle 4: <i>Resting Reset</i> _____	Principle 6: <i>Faith Foundation</i> _____	Principle 8: <i>Helping Hands</i> _____	<i>Reduced Feelings of Stress</i> _____
Your thoughts:	Your thoughts:	Your thoughts:	Your thoughts:	Your thoughts:
Total _____	Total _____	Total _____	Total _____	Total _____
Grand Total _____ x 2 = _____ out of 100 = _____%				

**EVALUATION OF YOUR SCORECARD**

If you achieved 80 percent or greater on your overall total, congratulate yourself on a job well done! If you achieved less than 80 percent overall, then work on improving your practices and enhancing resiliency in any areas with lower scores.