

APPENDIX B

RESILIENCY PROGRAM WEEKLY EVALUATION

AT THE END OF EACH WEEK, complete the following questions to evaluate your progress over the past seven days:

EVALUATION QUESTIONS FOR THIS WEEK'S RESILIENCY PRINCIPLE

Circle the number that best represents how you feel as you consider each evaluation question. 1 (a complete failure) to 5 (a complete success)

Were you able to accomplish the majority of your new week goal(s)?	1	2	3	4	5
How do you feel about your ability to overcome any potential challenges that might prevent you from reaching your new goal(s)?	1	2	3	4	5
How do you feel about your overall progress with this new principle?	1	2	3	4	5
How do you feel about your ability to maintain your previous goals while adding a new one?	1	2	3	4	5
How ready do you feel to progress to the next week?	1	2	3	4	5

Total = _____ x 4 = _____ out of 100 = _____%

UNDERSTANDING YOUR WEEKLY EVALUATION SCORE

If you scored less than 80 percent in your Weekly Evaluation, consider repeating this week before moving on.

The following self-reflection questions will help you identify the lessons you learned from practicing the principle this week. They will also allow you to consider opportunities for improvement, which will increase the likelihood of your success.

- How did you feel after practicing this week's resiliency principle?
- How easy or difficult was it to stick with your goals?
- Were you able to follow your goals closely or did you deviate from them? If so, in what way?
- Did you face any barriers in reaching your goals? If so, how did you address them?
- How many of your goals encompassed more than one resiliency principle? In what way can you increase the overlap of the resiliency principles in your existing goals?
- Are the rewards working? If not, why not? What other ways can you reward yourself?