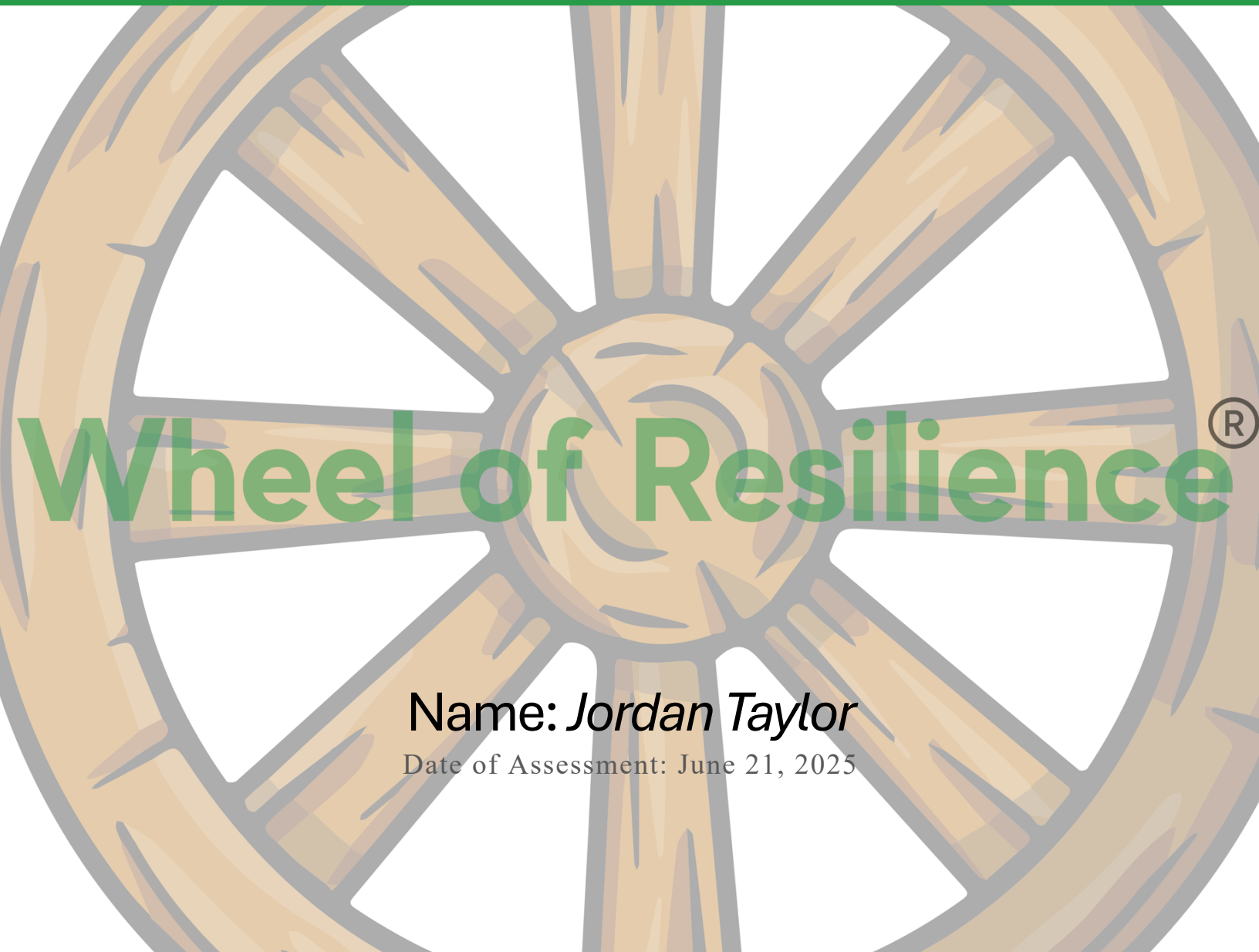


YOUR KEY TO BUILDING RESILIENCE

Intentional Resilience Assessment



Wheel of Resilience®

Name: *Jordan Taylor*

Date of Assessment: June 21, 2025

Powered By:

YOUR KEY TO BUILDING RESILIENCE

Personalized Intentional Resilience Report

Name: Jordan Taylor




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Introduction: Understanding Your Resilience Profile

Welcome to Your Resilience Report!









Thank you for completing the Resilience Assessment. By taking this step, you are actively building awareness of your **ability to navigate challenges, adapt to change, and recover from adversity**. Resilience is not about avoiding hardship—it's about learning how to thrive despite it.

How This Report Helps You

-  **Your Strengths:** Areas where you naturally excel.
-  **Your Growth Areas:** Domains where small changes can increase your resilience.
-  **Actionable Strategies:** Personalized steps to help you develop long-term resilience.

What Is Resilience?

Resilience is more than just "bouncing back" from setbacks. It's the ability to adapt, recover, and thrive despite adversity. It influences mental well-being, relationships, decision-making, and overall life satisfaction. This report assesses your resilience across eight key domains:

-  **Social Support – Your ability to seek and maintain supportive relationships.**
A strong support system helps you feel heard, valued, and connected. This includes emotional encouragement, practical assistance, and honest feedback from people who uplift you.
-  **Adaptability – How well you adjust to change and uncertainty.**
Life is unpredictable, and those who can shift their mindset and strategies when things don't go as planned navigate challenges more effectively and experience less stress.
-  **Self-Love – Your self-compassion, boundaries, and personal care.**
Self-love means treating yourself with kindness and respect while allowing room for mistakes, growth, and personal well-being.
-  **Self-Improvement – Your commitment to personal growth and learning.**
A resilient mindset includes continuous learning, skill-building, and self-reflection to improve personal and professional life.
-  **Food & Fitness – How well your physical health supports emotional resilience.**
Your nutrition, hydration, movement, and rest directly impact your ability to handle stress, maintain focus, and sustain energy.
-  **Purpose – Your sense of meaning and alignment with your values.**
Having a clear sense of purpose helps you stay motivated and persist through challenges, ensuring your efforts are directed toward fulfilling and meaningful goals.
-  **Optimism – Your ability to maintain hope and take positive action.**
Optimism fuels resilience by encouraging solution-focused thinking, emotional balance, and proactive problem-solving rather than getting stuck in fear or negativity.
-  **Stress Management – How well you recognize and regulate stress.**
Resilient individuals use healthy coping strategies, emotional intelligence, and self-regulation to manage stress before it becomes overwhelming.

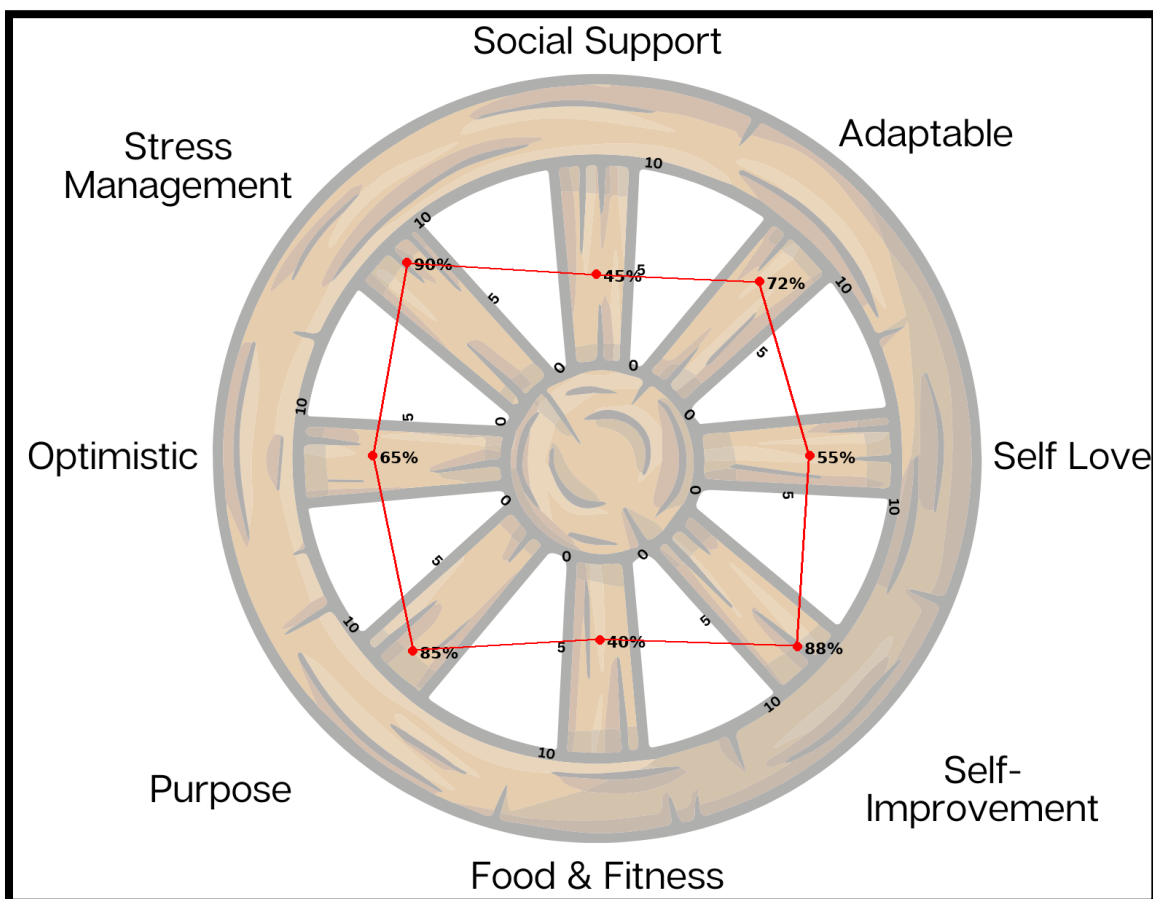
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Your Resilience at a Glance

Resilience Domain	Your Score	Category
Social Support	● 45%	Needs Strengthening
Adaptability	● 72%	Moderate
Self-Love	● 55%	Moderate
Self-Improvement	● 88%	Thriving
Food & Fitness	● 40%	Needs Strengthening
Purpose	● 85%	Thriving
Optimism	● 65%	Moderate
Stress Management	● 90%	Thriving

Score Interpretation Key

- **Thriving (80–100%)** – This is a strength! Keep maintaining and expanding it.
- **Moderate (50–79%)** – You're doing well here but can develop it further.
- **Needs Strengthening (Below 50%)** – Small changes in these areas will significantly boost resilience.



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Social Support

Score:  45%

What This Means

You may feel isolated at times or unsure if you can truly count on others for support. Trusting that people will show up for you can feel risky, making it harder to lean on relationships during stressful periods. You might find yourself taking on too much alone, which can lead to feeling emotionally overextended.

Although you may value independence, it's important to remember that connection strengthens resilience. Building safe, reciprocal support systems and allowing yourself to receive care from others will help ease emotional burdens and foster deeper, more fulfilling connections.

Challenges You May Face

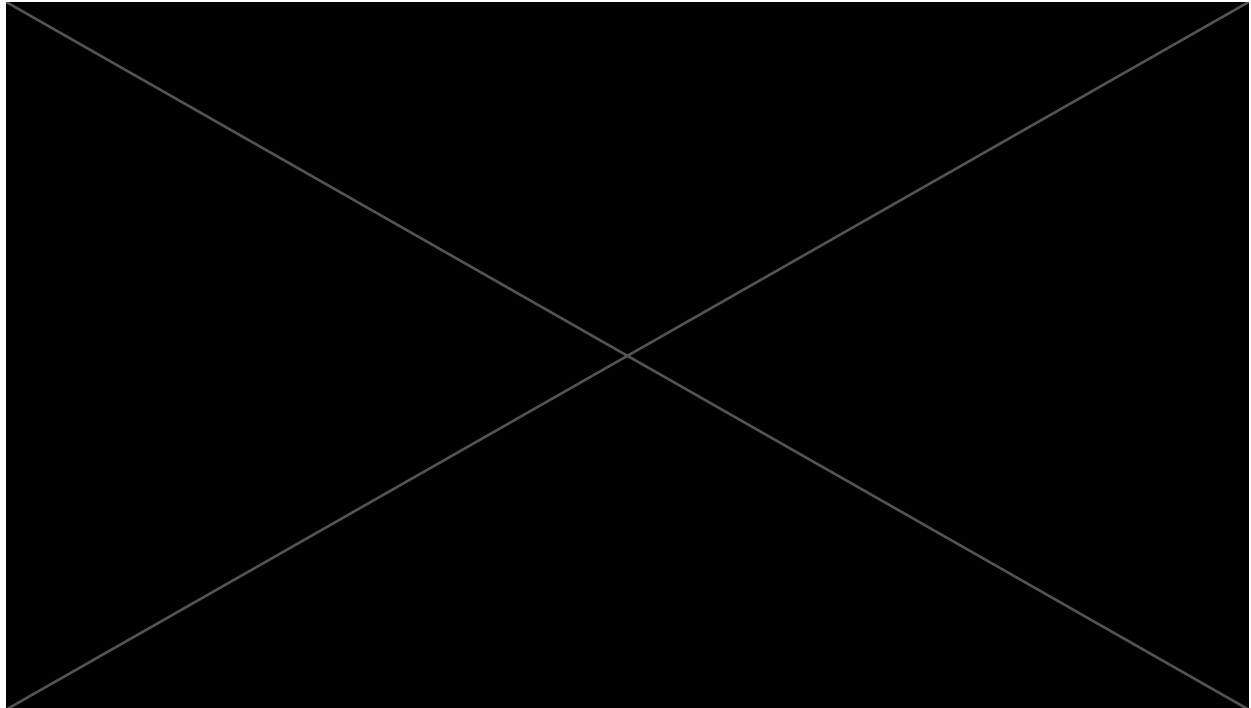
- Feeling uncomfortable asking others for help.
- Carrying emotional weight alone, leading to exhaustion.
- Struggling to trust that support will be consistent.

Growth Strategies

- Start practicing small, specific requests for support.
- Nurture connections that feel emotionally safe and dependable.
- Remind yourself that asking for help strengthens not weakens relationships.

Adaptability

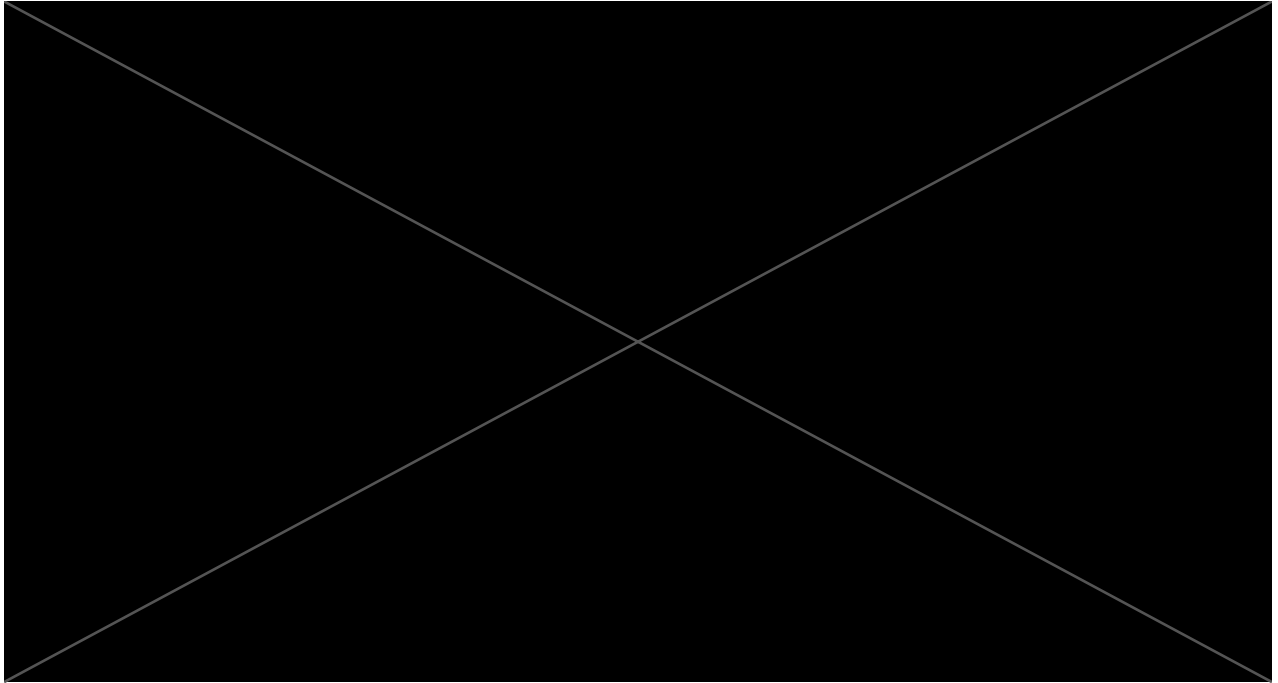
Score:  72%



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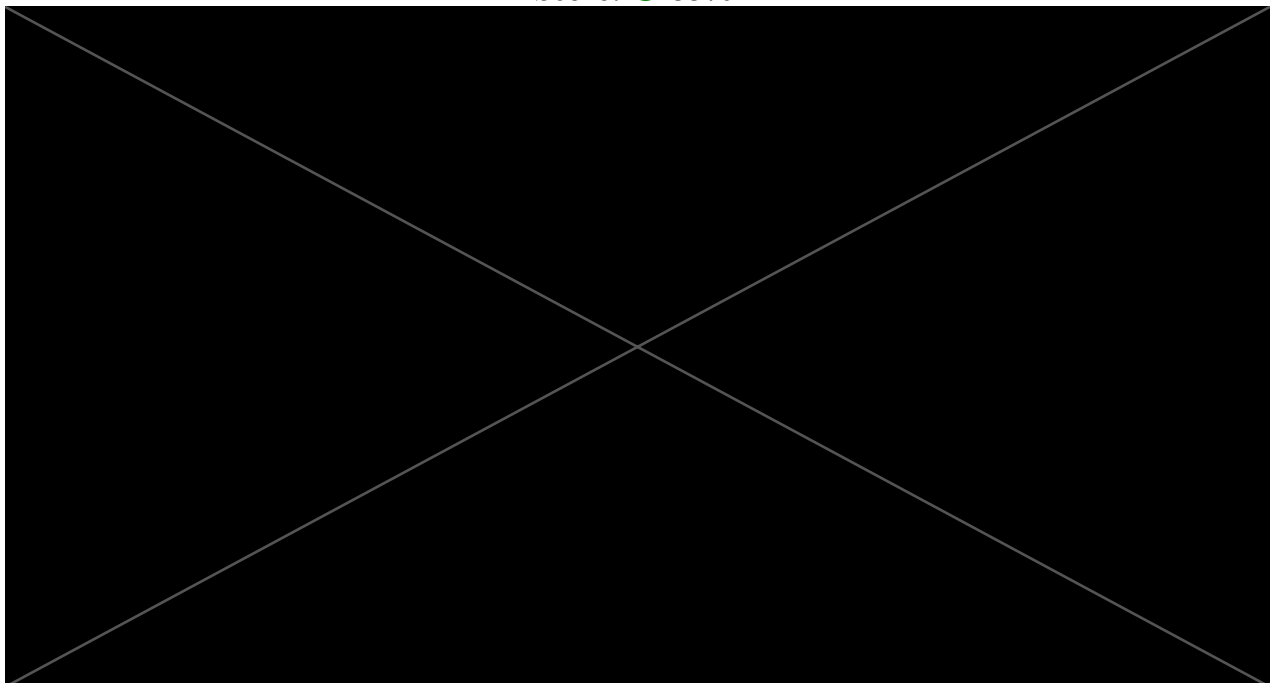
💖 Self-Love

Score: 🟡 55%



📈 Self-Improvement

Score: 🟢 88%

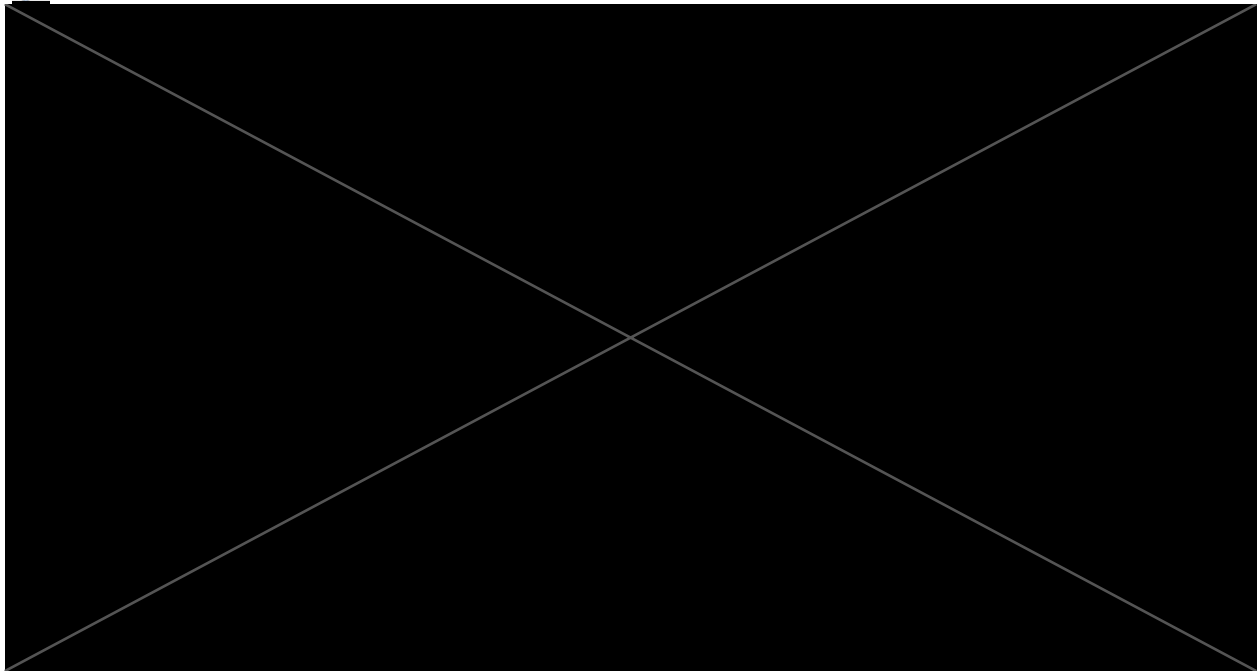


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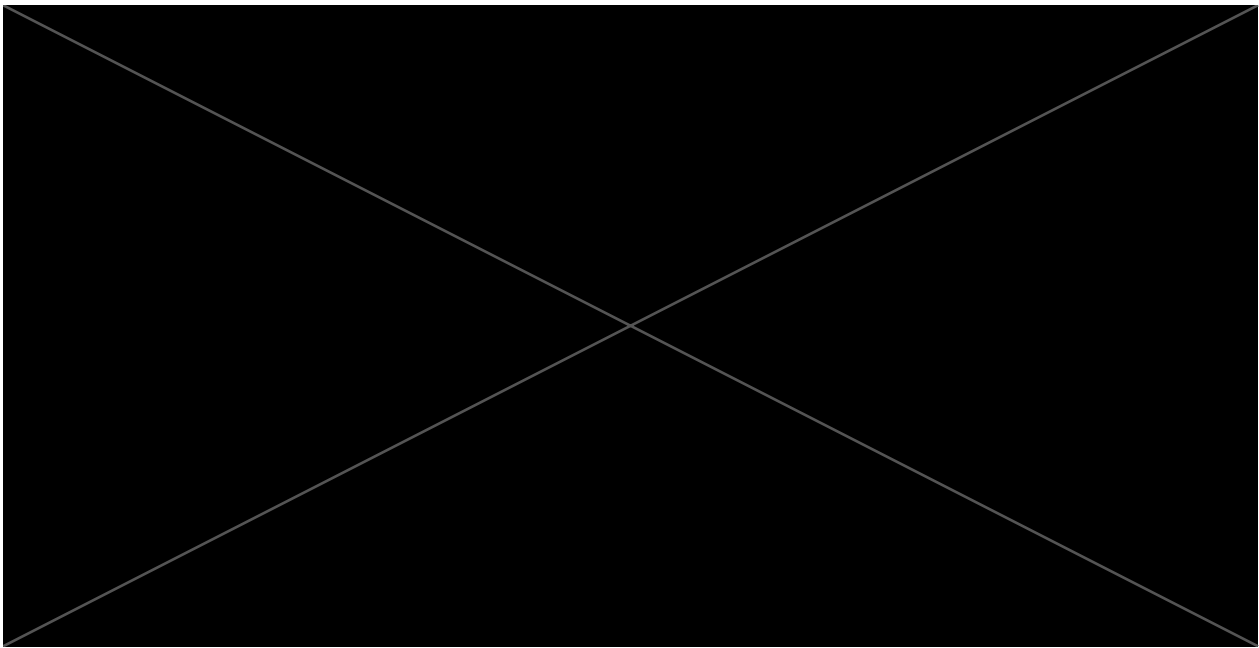
Food & Fitness

Score: ● 40%



Purpose

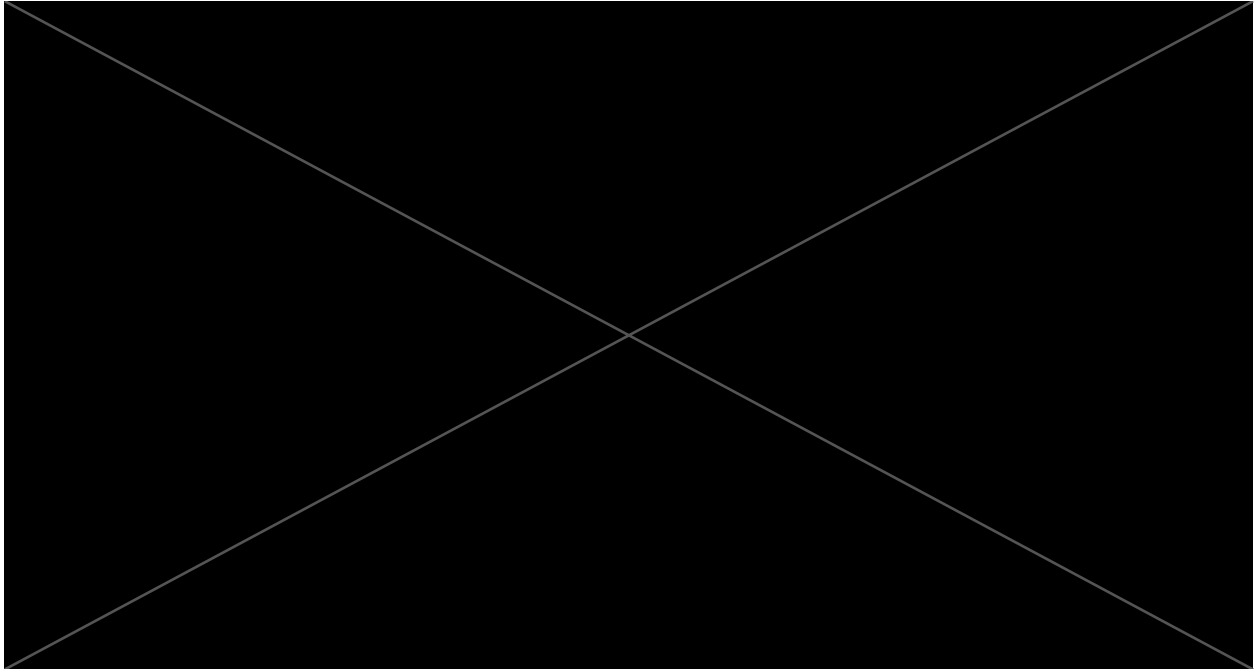
Score: ● 85%



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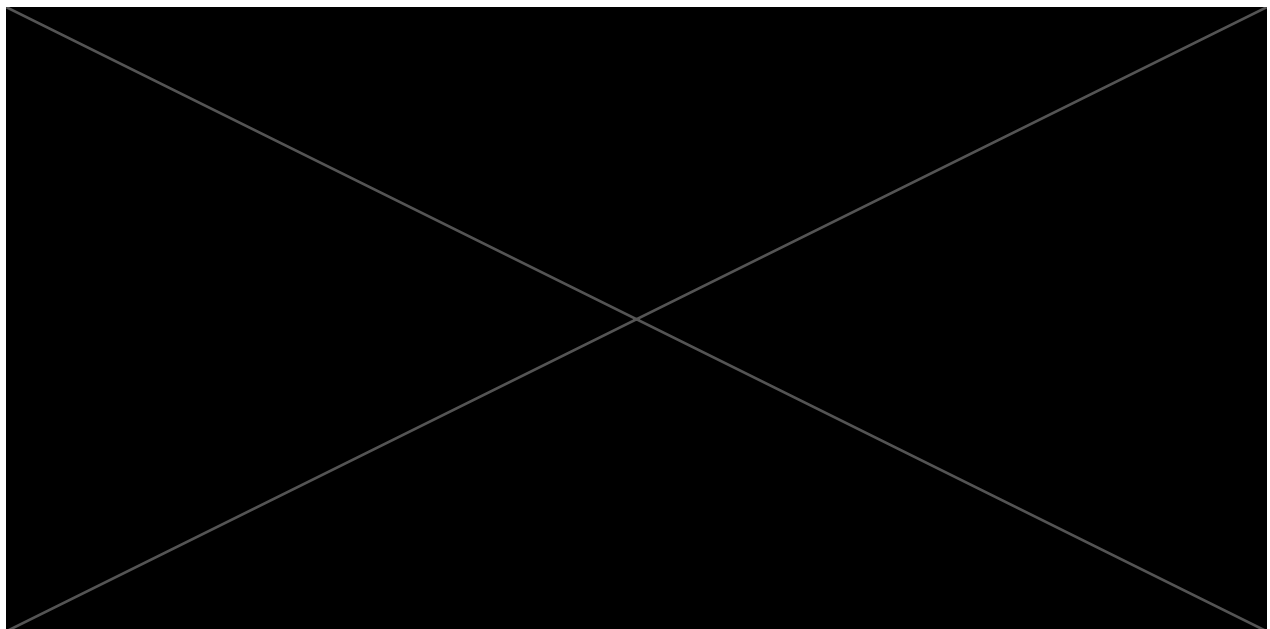
☀️ Optimism

Score: 🟡 65%



🧘 Stress Management

Score: 🟢 90%



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Next Steps

- ✓ Choose 1–3 domains to focus on first.
- ✓ Set 1–2 simple, actionable goals for each area.
- ✓ Track progress weekly and celebrate small wins.

💡 Remember: Resilience grows with practice. The small steps you take today will create lasting strength and adaptability. Keep going—you're building a stronger, more resilient version of yourself every day! 💪😊

Book your complimentary 1-on-1 Intentional Resilience Strategy call

