



The **Shatterproof Life Assessment** provides a basic view of your mental resilient state and your ability to cope with life and work stresses. It helps create a baseline from where you are today. After reading [Shatterproof](#) and implementing the 7 Principles, and using the [Shatterproof Practices](#), take the assessment again and compare the “before and after” results. This is not meant to be a diagnostic, clinical measurement or scientific tool. For more help in increasing your resiliency score, please visit our website at Shatterprooflife.com

INSTRUCTIONS: Next to each of the statements below, enter a number from 1 to 10 using this scale for your response. When completed, add up your total score and read the analysis at the end of the assessment that matches your score:

1 2 3 4 5 6 7 8 9 10
Almost Never Sometimes Almost Always

1. ___ I am well equipped (mentally and physically) to face and overcome any stressful life/work situations.
2. ___ I’m able to roll with life with ease and accept the situation I find myself in.
3. ___ I’m able to analyze any stressful situation quickly helping me find solutions to work through it.
4. ___ I am able to follow through and take action on my decisions consistently.
5. ___ I am resilient (mentally strong).
6. ___ I am able to face any difficult and stressful situation with confidence and in control.
7. ___ I feel good, happy and confident about my life.
8. ___ I worry a lot.
9. ___ I think about the past and unresolved issues.
10. ___ I find myself holding on to resentment.
11. ___ I feel stressed out and exhausted from work and life demands and responsibilities.
12. ___ I am focused and disciplined.
13. ___ I get stuck easily.
14. ___ I feel depressed.
15. ___ I have a lot of zest and vitality in my everyday life.



Here is a sample result of the potential view of your mental resilient state, and your ability to cope with life and work stresses and difficult situations.

Problematic (scores between 15-60): This score indicates the person may feel overwhelmed and find it difficult to cope with life/work demands and responsibilities. Professional help should be explored. With proper help and guidance, this person can learn to become more resilient, in control and gain confidence in dealing with work/life stress and difficult situations.

Vulnerable (scores between 60-104): This score indicates the person may be ok but in survival mode, where one more stressful event or situation may become too much to handle. This person may easily disengage. The performance and productivity of this person is likely sub-par and could be improved. This person will likely benefit from implementing more resilient practices in their daily life. Learning to navigate through stressful situations by applying coping skills and following a physical and mental exercise program in reducing stress will go a long way in building mental resiliency.

Superior (Scores between 105 -134): This person is doing well and likely mentally strong and able to navigate through various stressful situations. This person also has room to improve in reaching their full potential and practicing stress reducing exercises may enhance this process. Although this person is typically open to continue to learn and improve, they will benefit in continuing to work on themselves in enhancing their focus and disciplined mindset.

Resilient (Scores between 135 - 150): This score indicates that this person is likely strong mentally and able to cope with life and work stressors and able to face difficult situations with control and confidence. They are likely to bounce back quickly and have a positive outlook on life. Exercising the mental and physical aspect of the mind and body is something this person likely works on regularly. This person is likely always open to seek new ways of improving and working on themselves.