



## Shatterproof Self-Assessment

Please respond to the questionnaire below in relation to how often you feel this way in your everyday life. There are no right or wrong answers. Your honest response will help provide 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, you could re-do the assessment questionnaire and compare the before and after results.

This is simply a basic screening questionnaire. It is not meant to be a diagnostic, or a clinical measurement tool, or a scientific tool.

Use the 1 – 10 scale provided below for your response.

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 live a worry-free life. \_\_\_\_\_
9. I let the past be the past and don't focus on unresolved issues. \_\_\_\_\_
10. I release resentment. \_\_\_\_\_
11. I manage stress well from work and life's demands and responsibilities. \_\_\_\_\_
12. I am focused and disciplined. \_\_\_\_\_
13. I can un-stuck myself easily. \_\_\_\_\_
14. I feel happy. \_\_\_\_\_
15. I have a lot of zest and vitality in my everyday life. \_\_\_\_\_

After completing the questionnaire, add your total score and go to the next page for your results.

*Note: This is for your personal use only. No part of this assessment may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, without the prior written consent of the publisher – Shatterproof Life Inc. (support@shatterprooflife.com)*



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.