

# SURVIVAL SKILLS FOR SOCIAL ENTREPRENEURS

Resilience Circle: How resilient are you?

**Below are six key areas for building personal resilience. This is a reflective activity that you can do on your own or speak through with a colleague or friend. It will help you assess the different areas of personal resilience and make a plan to help strengthen it.**

## STEP 1:

**For each of the resilience factors, mark on the chart below how strong you currently feel in this area, on a scale of 1-5 (1 = this is something I feel I'm missing > 5 = this is an area of strength and reliability). Try to think of specific examples of when you've felt good in each area and think about why you are scoring each area the number you are.**

## STEP 2:

**Join each of the dots to build a network diagram of your personal resilience.** How does your diagram look on balance? Are there some areas you're stronger in than others? Can you take anything from areas of strength to help build on other areas?

## STEP 3:

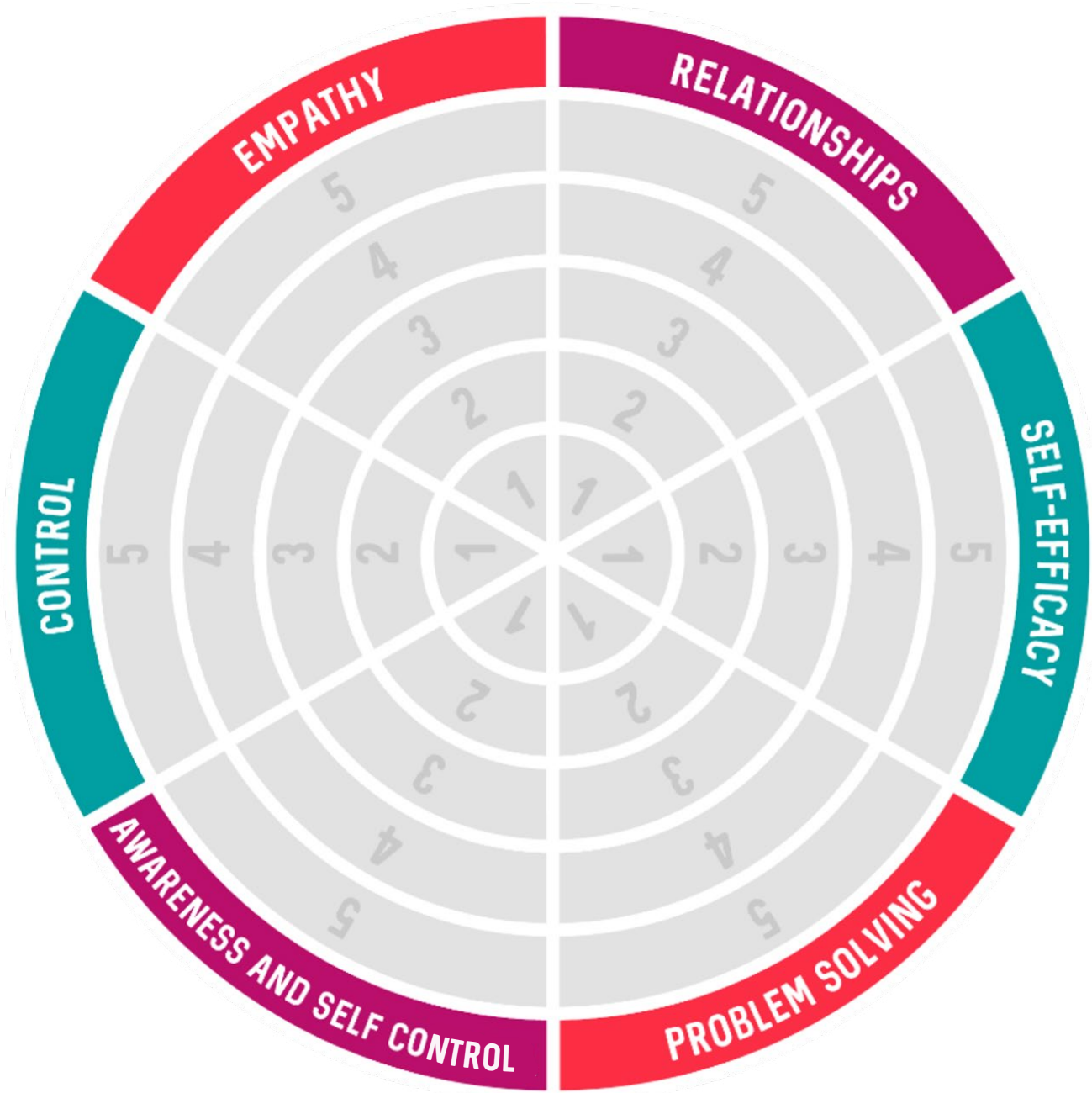
**Choose one area you'd like to focus on and commit to one action to start building your resilience in that area.** If you feel comfortable, share the action with someone – even better if they can support you in making it happen!

## STEP 4:

**Make a regular routine of checking in on your resilience across each of the areas.** You may notice that how you score the different areas changes quite a bit each time – that's natural as our resilience changes in different situations. Try to notice any patterns and make a plan to build on any positive steps or break a habit that's not serving you well. Try to explore why your scores might change – is there a specific trigger? Is there something that helps boost a score?

The more you can become aware of your personal resilience factors and notice how you feel in relation to them, it's easier to make a focussed plan to help bounce back when we experience any setbacks.

Relationships	Self-efficacy	Problem solving
The capacity to build relationships and have some “go-to support” people in your life.	Belief in your own ability to tackle challenges, stretch yourself and take risks and achieve goals.	Ability to keep challenges in perspective, look at the bigger picture and detach from the “drama”.
Awareness and self-control	Control	Empathy
Knowing yourself and how different situations affect you and how you affect others.	The belief that you are in charge and can affect the outcome, staying positive and focused.	Ability to relate to others and put yourself in their shoes.



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