

Stress Resistance Quiz

Discover your ability to manage and resist stress based on your lifestyle.

Instructions:

Give yourself **0 points** if the statement is **NEVER true** for you.

Give yourself **1 point** if it is **USUALLY NOT true**.

Give yourself **2 points** if it is **SOMETIMES true**.

Give yourself **3 points** if it is **ALWAYS true**.

1. ___ When I work hard, it makes a difference.
2. ___ It is easy for me to get out of bed in the morning.
3. ___ I have the freedom I need to do what I want.
4. ___ It is okay to make a sacrifice if it is related to an exciting opportunity.
5. ___ I am flexible about sticking to my routine.
6. ___ I vote because I believe it makes a difference.
7. ___ I believe we create our own opportunities.
8. ___ I agree with the goals of my employer.
9. ___ I have been "lucky in love" because I try to be a loving person.
10. ___ I believe that I get what I give; but I don't "keep score."
11. ___ It is important for me to try new things.
12. ___ I really enjoy my personal time.
13. ___ I work hard, and I am compensated fairly.
14. ___ My family is a great source of pleasure for me.
15. ___ I stand up for what I believe in.

Total Score: _____

Evaluating Your Score:

- **35 or above:** Congratulations! Your attitude toward life is positively helping your resistance to stress.
- **27 to 34:** Your resistance to stress is high, but could be improved; look at each item, and choose a few to work on.
- **18 to 26:** Examine your habits to improve your resistance to stress. Go through the statements above, and pick one to improve each month.
- **Under 18:** If your stress level increases, you could be in trouble; take action now to change your habits. Your personal life coach is ready to assist you to find ways to improve your resistance to stress.

More about your score:

- **Stress Management Score** (Total points for questions 1, 6, 7, 9 and 13)
 - The higher your stress management score, the more control you feel you have over your own life, and the better you are able to manage your stresses.
- **Commitment Score** (Total points for questions 2, 3, 8, 10 and 14)
 - The higher your commitment score, the more you enjoy your life and are committed to it.
- **Risk Score** (Total points for questions 4, 5, 11, 12 and 15)
 - The higher your risk score, the more willing you are to take risks.
- **Stress Resistance Score** (Total points from all three scores together)
 - The higher your stress resistance score, the greater ability you have to manage and resist stress in your life.