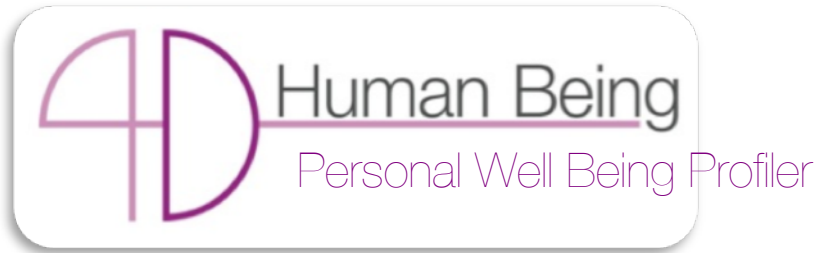


Below are 16 statements with which you may agree or disagree. Using the following scales, indicate your level of agreement or disagreement.

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Somewhat disagree
- 4 = Somewhat agree
- 5 = Agree
- 6 = Strongly agree

Add up the scores in each column and enter them into the corresponding columns in the box below.

		1	2	3	4
1	I feel confident in representing my work area in meetings with management.				
2	I can be 'on my own' at work if I have to.				
3	I'm optimistic about what will happen to me in the future as it pertains to work.				
4	If I should find myself in trouble at work, I could think of many ways to get out of it.				
5	I feel confident presenting information to a group of colleagues.				
6	Currently I see myself as being pretty successful at work.				
7	I always look on the bright side of things regarding my job.				
8	I usually take stressful things at work in my stride.				
9	I can think of many ways to reach my current work goals and objectives.				
10	I feel confident contributing to discussions about the company's strategy.				
11	When I am at work with colleagues I consciously talk about what's positive rather than what's negative.				
12	I can get through difficult times at work because I've experienced difficulty before.				
13	At this time, I am meeting the work goals that I have set for myself.				
14	I feel confident in my ability to take on new challenges.				
15	I can quickly bounce back if I fail at a task or project.				
16	I always look for what's possible rather than what's impossible around a task.				



	1	2	3	4
Self Efficacy				
Hope				
Resilience				
Optimism				

The scores indicate the levels of your personal well being in each particular area. The higher the score the stronger the capability.

The Four Capabilities:

Self Efficacy - Having the confidence to take on and put in the necessary effort to succeed at challenging tasks.

Hope - Persevering and, when necessary, redirecting paths towards objectives and goals in order to succeed.

Resilience - The ability to sustain and bounce back and even beyond to attain success, when beset by problems and adversity.

Optimism - Having a positive attitude about succeeding now and in the future.