

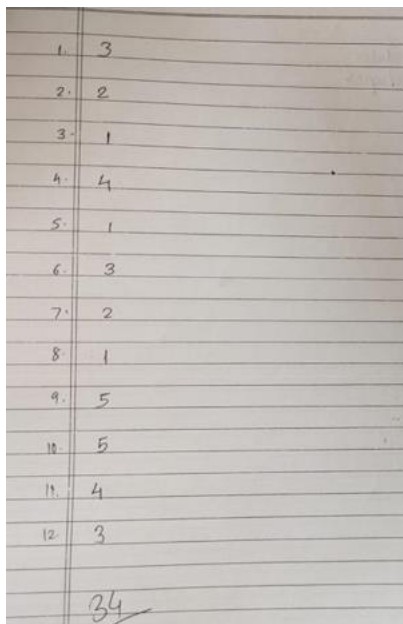
Module 4

Activity 1: Calculate your resilience score (share screenshot)

Link:

<https://www.nwpgmd.nhs.uk/sites/default/files/resiliencequestionnaire.pdf>

What do you understand from your resilience score & what corrective actions do you plan to take?



A handwritten screenshot of a resilience questionnaire score sheet. The sheet is lined paper with a vertical line down the center. On the left side of the line, there are numbers 1 through 12. On the right side, there are handwritten numbers representing scores. At the bottom, the total score '34' is written and underlined.

1.	3
2.	2
3.	1
4.	4
5.	1
6.	3
7.	2
8.	1
9.	5
10.	5
11.	4
12.	3
34	

From my resilience score, I've understood that I'm at a developing stage of it and still have a long way to learn from it and implement it correctly in my life.

I plan to organize my day in a better way and more importantly stay calm and positive. As a low self-esteem person, it has always been difficult for me to believe in myself, so I would like to work on that. I will also try to be more expressive and critical.

Activity 2:

I encourage you to pick 3 things you learned and are committed to implement today that will help you overcome these challenges.

- **Self-Analysis**

1. I will manage my time by planning a weekly timetable.
2. I will try to manage my stress levels well.
3. I will be more optimistic and have confidence in myself.

What are your biggest silent killers? Which hold you back the most each day.

- **Application**

Some of my biggest silent killers are missing out on important or fun moments of life (FOMO) , overthinking and dealing with lot of emotions.

What are 3 things you can implement today? Things you will either start doing or stop doing that will eliminate these from holding you back.

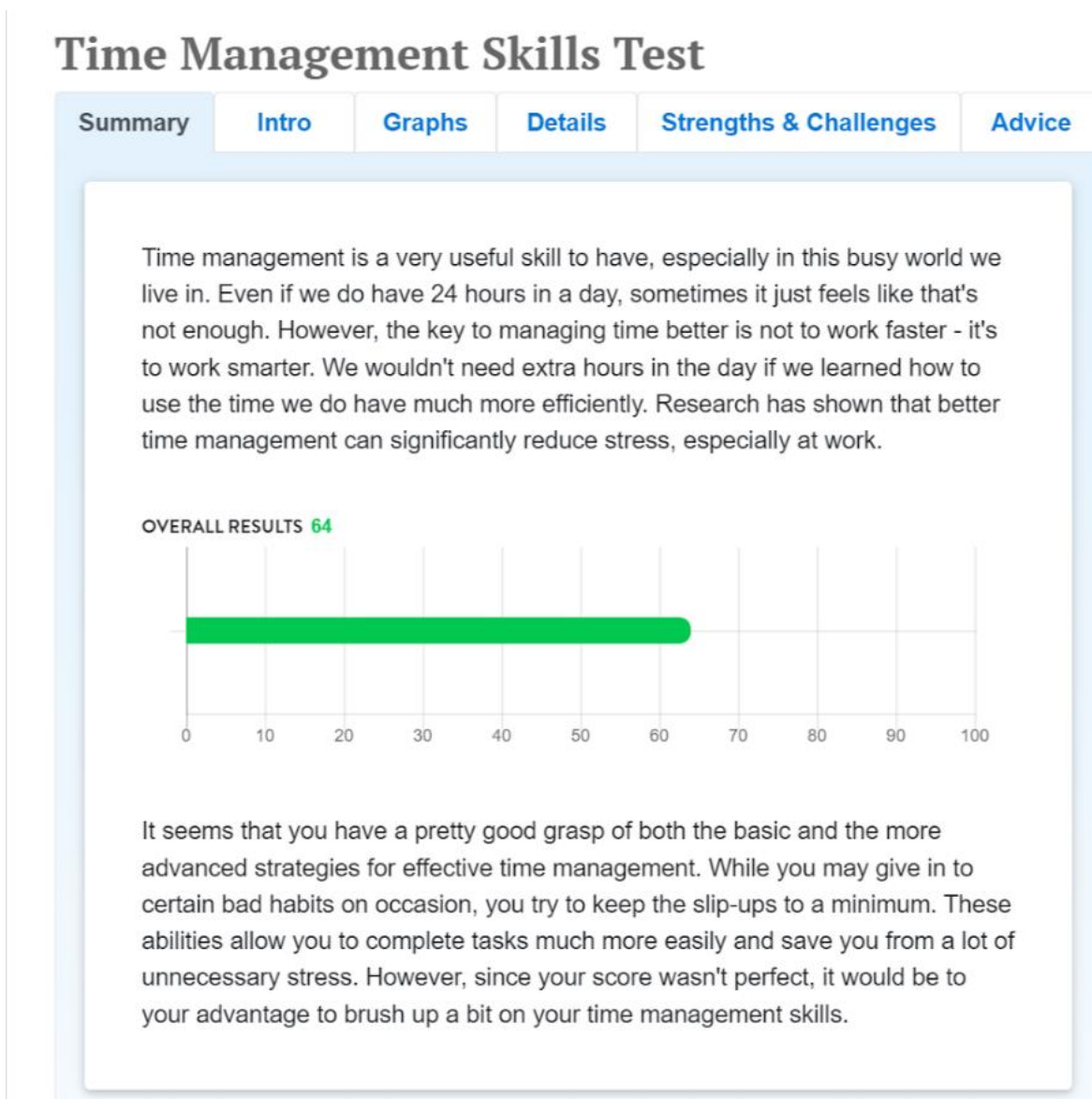
1. I will start to be more intuitive and rational.
2. I will start to be more of myself and do things that I personally love to do the most.

3. I will limit my phone usage.

Activity 3: Take the Time Management Test:

https://www.queendom.com/tests/access_page/index.htm?idRegTest=3085

Post your score's screenshot. What mistakes did you make? How will you manage time better?



I made mistakes like not prioritizing things and sometimes dealing with unimportant things at first place or

keeping things to the last moment. I've realized to be more productive daily and prioritize things.

Activity 4: Use **at least one** time management tool this week and report how it changed your time management skills/ are you still unaffected? Why?

I used the ***Trello*** time management tool this week and I've seen a significant improvement in my level of productivity and focus. I get less distracted and have less stress comparatively because my time is perfectly organized the way I want it to be. I will definitely continue using this further in my life.
