

## Inner Strength - Outer Strength

### INNER STRENGTH - ASSESSMENT

To better understand your own Inner Strength, and to explore opportunities and practices to develop it, please answer the questions below using the following scale:

1	2	3	4	5
Strongly disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Strongly agree

When I set a goal for myself, I stick to it. (W) \_\_\_\_\_

I am not easily frustrated. (R) \_\_\_\_\_

I am not easily distracted. (M) \_\_\_\_\_

I know what my character strengths are. (C) \_\_\_\_\_

In any situation, there is always something to be grateful for. (G) \_\_\_\_\_

I try to spend time in the present moment. (M) \_\_\_\_\_

I am able to resist short-term temptation in the pursuit of long-term goals. (W) \_\_\_\_\_

Negative emotions help me to achieve positive results. (R) \_\_\_\_\_

I can easily override an unwanted thought, feeling or urge. (W) \_\_\_\_\_

I tend to express gratitude freely and often. (G) \_\_\_\_\_

Every day, I remind myself of things that I am grateful for. (G) \_\_\_\_\_

I don't do things that I know are bad for me. (W) \_\_\_\_\_

I accept in stride the challenges that come up. (R) \_\_\_\_\_

I try to bring my strengths to what I do every day. (C) \_\_\_\_\_

I don't dwell on things that I have no control over. (R) \_\_\_\_\_

I easily recognize the strengths in those around me. (C) \_\_\_\_\_

When I am with someone else, I give them my full attention. (M) \_\_\_\_\_

I do not judge myself or others too harshly. (M) \_\_\_\_\_

I focus more on my strengths than my weaknesses. (C) \_\_\_\_\_

I always appreciate the little things. (G) \_\_\_\_\_

**Please add up your Assessment Total Score in the box on the right:**

**Please add up the score for M, C, G, R and W in the respective boxes below:**

(M) Mindfulness	(C) Character Strength	(G) Gratitude	(R) Resilience	(W) Willpower

If you scored 80-100, you are **SuperStrong**. Congratulations on living a lifestyle that keeps you strong and healthy. Naturally, there still may be certain areas that you are stronger than others and it might be worthwhile to consider any weak spots that might be worth addressing. But overall, you are doing great! Well done!

If you scored 60-80, you are **Strong**. You have some areas of robust strength, but other areas that might need some improvement. It is good to consider how you can use and maintain the strengths that you have, and how you can focus more on areas of strength that may need further development.

If you scored below 60, you are **Strength in Progress**. You have developed some strengths in certain areas, but there may be many areas in need of further development. You should consider setting goals and actively working towards improving your strengths in some areas.

The Inner Strength Assessment measures across these areas:

- Mindfulness (M)
- Character Strength (C)
- Gratitude (G)
- Resilience (R)
- Willpower (W)

If you scored high in a particular area, you should feel good about how you have managed to incorporate this strength as a part of your lifestyle. You should strive to use that strength on a regular basis in order to maintain it and to maximize the benefit this strength brings to your life.

If you scored low in a particular area, this might be an area to focus on developing. Often, we get the most benefit by practicing or exercising the areas where we are weakest (even though this is also where we are the most uncomfortable and vulnerable.) Experiment with new practices that might help to strengthen these areas. The Spas at Mandarin Oriental have a variety of tips, services and treatments that can be of assistance.



### Vitality

Concepts and exercises around nutrition, fitness, and other wellness practices designed to keep us physically robust and resilient to illness.



### Mindfulness

An introduction to meditation and mindfulness practices to help us develop skills for controlling our attention and managing anxiety



### Authenticity

Positive psychology practices to help us better understand our own strengths and how to employ them in pursuit of our most important values and goals.