

The Resilience-Inspired Action Framework™

Self-Assessment

Identify where you need the most support in your change process.

Resilience develops in sequence. Each pillar builds the capacity required for the next. When earlier pillars are under-supported, progress in later pillars often becomes difficult to sustain.

Use this assessment to identify your current strengths and growth edge.

How to Score

For each statement, rate how true it feels for you right now.

1 – Not true for me | **2** – Occasionally true | **3** – Often true | **4** – Consistently true

Part 1: The Six Pillars

Pillar 1. Capacity: Ground & Regulate. Resilience begins in the body. Without stability, sustained change is not possible. Goal: Build capacity and stability.	
I feel physically and emotionally safe most of the time.	Score (1-4): ____
I can calm my body when I feel overwhelmed or stressed.	Score (1-4): ____
My basic needs (sleep, rest, nourishment, safety) are mostly supported.	Score (1-4): ____
I have enough stability to engage with daily responsibilities.	Score (1-4): ____
Pillar 1 Total: ____ / 16	

Pillar 2. Meaning: Understand Your Story. Understanding your experiences reduces shame and makes patterns visible.

Goal: Build meaning and insight.

I reflect on my experiences with curiosity rather than judgment.	Score (1-4): ____
I recognize patterns in my thoughts, feelings, or behavior.	Score (1-4): ____
I can place my experiences within a broader context.	Score (1-4): ____
I feel increasing compassion toward myself when I reflect on my past.	Score (1-4): ____
Pillar 2 Total: ____ / 16	

Pillar 3. Agency: Choice & Self Trust. Insight becomes powerful when you recognize where choice exists.

Goal: Strengthen self-trust and empowered choice.

I recognize that I have choices in how I respond.	Score (1-4): ____
I trust myself to make decisions aligned with my values.	Score (1-4): ____
I can set boundaries when something doesn't feel right.	Score (1-4): ____
I feel capable of influencing my direction.	Score (1-4): ____
Pillar 3 Total: ____ / 16	

Pillar 4. Direction: Define Your Values & Path. Sustainable action requires clarity and values-aligned direction.

Goal: Clarify direction, passion and purpose.

I am clear on what matters most to me.	Score (1-4): ____
My decisions are guided by values rather than pressure or fear.	Score (1-4): ____
I have a sense of direction for where I'm going.	Score (1-4): ____
My actions align with who I want to become.	Score (1-4): ____
Pillar 4 Total: ____ / 16	

Pillar 5. Action: Aligned & Inspired-Action. Momentum builds through consistent, meaningful action.

Goal: Generate aligned movement and momentum

I take consistent steps toward goals that matter to me.	Score (1-4): ____
My goals feel meaningful rather than forced.	Score (1-4): ____
I can adjust and keep moving forward when things aren't perfect.	Score (1-4): ____
My actions feel sustainable, not exhausting.	Score (1-4): ____
Pillar 5 Total ____ / 16	

Pillar 6. Support: Supportive Environments & Relationships. Resilience is strengthened—and sustained—through connection.

Goal: Create sustainability and strengthen support systems.

I have relationships that support my well-being and growth.	Score (1-4): ____
My environment supports the habits and behaviors I want to maintain.	Score (1-4): ____
I feel connected to people or communities that matter to me.	Score (1-4): ____
The changes I'm making feel supported, not fragile.	Score (1-4): ____

Pillar 6 Total: ____ / 16

Part 2: Understanding Your Results

1. Identify Your Strengths & Growth Edge

- **13–16:** Strong capacity in this pillar.
- **9–12:** Developing capacity, though support may still help.
- **5–8:** This pillar may need attention.
- **4 or below:** This pillar may represent your current growth edge.

2. Where to Focus Next

Look for your lowest-scoring pillar. People frequently try to solve challenges in later pillars when the real need is support in an earlier one (e.g., focusing on motivation when the deeper need is nervous system regulation). Supporting the earlier pillar often unlocks progress across the entire system.

- **Pillar 1. Capacity- Ground & Regulate:** Focus on stabilizing capacity (*rest, nervous system regulation, safety, basic needs*).
- **Pillar 2. Meaning- Understand Your Story:** Focus on reflection and meaning-making (*journaling, therapy, pattern awareness*).
- **Pillar 3. Agency- Choice & Self-Trust:** Focus on strengthening self-trust (*practicing small decisions, boundary-setting, intentional choices*).
- **Pillar 4. Direction- Define Your Values & Path:** Focus on direction (*identifying values, purpose exploration, vision setting*).
- **Pillar 5. Action- Aligned & Inspired-Action:** Focus on building momentum (*small repeatable steps, consistency, experimentation*).
- **Pillar 6. Support- Supportive Environments & Relationships:** Focus on connection and strengthening sustainability (*supportive relationships, community, environment design*).

Remember: Resilience is not built through pressure. It's built through **capacity**.

Movement between pillars is normal. Resilience strengthens and progress becomes sustainable when the sequence is supported.

Regulation precedes reflection. Capacity—not willpower—is what makes change possible.

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