

# RESILIENCE

# @ WORK

*How to coach yourself  
into a thriving future*

The  
Friend-To-Friend Process  
Roadmap

# STEP ONE

**Before you complete the Friend-To-Friend Process, it is important to assess where you currently are and how you currently feel.**

**Do this by taking our Self-Tests that were created to help you identify if you relate to Hurry and/or Worry.**



A full-page photograph of a seascape. The sky is filled with soft, colorful clouds in shades of blue, green, and yellow, suggesting a sunset or sunrise. The ocean is a deep blue, with a large, powerful wave breaking in the middle ground, creating a thick spray of white foam. The foreground shows the turbulent, white foam of the wave's base, with water splashing and churning. The overall mood is one of natural power and beauty.

**ARE YOU IN A HURRY?**



# HURRY@WORK

## Self-Test

### Do you identify with Hurry?

Score each statement below on a scale of 1 to 10. So, 1 is strongly disagree and 10 is strongly agree.

- 1 \_\_\_\_\_ Don't bother me with the details. I am a big-picture person. Let's get this project over with so I can get on to the next one.
- 2 \_\_\_\_\_ I have so much on my plate to do. I must hurry through this project or I will be further behind.
- 3 \_\_\_\_\_ My packed work schedule is stressing me out.
- 4 \_\_\_\_\_ I sense that the volume of work I quickly complete is diminishing the quality or excellence of it.
- 5 \_\_\_\_\_ I miss opportunities to add value in my work because I have too much on my plate.
- 6 \_\_\_\_\_ I rush through my daily work schedule and I don't have time to think creatively and be innovative.
- 7 \_\_\_\_\_ My family complains that I don't spend enough time with them. I am too busy even for days off or vacations.
- 8 \_\_\_\_\_ Time to think, meditate, relax, and develop personal hobbies and pursuits just doesn't exist for me.
- 9 \_\_\_\_\_ I am so busy now that I procrastinate and put off doing the groundwork that would expand my future career growth and grow my business.
- 10 \_\_\_\_\_ I find myself working harder and harder, faster and faster, but not any smarter.

**TOTAL** \_\_\_\_\_ *(Add up your total.)*



DO YOU FEEL WORRIED?





# WORRY@WORK

## Self-Test

### Do you identify with Worry?

Score each statement below on a scale of 1 to 10. So, 1 is strongly disagree and 10 is strongly agree.

- 1 \_\_\_\_\_ When I think about my future performance, I worry about under performing, failing, and/or falling short of goals or expectations.
- 2 \_\_\_\_\_ I am overly critical of my work.
- 3 \_\_\_\_\_ I fear low evaluation of my work by my colleagues, supervisors, managers, or boss.
- 4 \_\_\_\_\_ I lack confidence in my skills and abilities to get my work done satisfactorily.
- 5 \_\_\_\_\_ I am unhappy with my job description and worry that I am not a good fit for what is expected of me at work.
- 6 \_\_\_\_\_ I doubt my ability to finish my work on time.
- 7 \_\_\_\_\_ When I dream about my future, my dreams are more like nightmares. I am pessimistic about my future.
- 8 \_\_\_\_\_ My worries and anxieties often cause me to feel depressed, discouraged, and defeated.
- 9 \_\_\_\_\_ I am unhappy with my work and worry about being demoted, put on probation, or even fired.
- 10 \_\_\_\_\_ I daydream or find myself distracted at work, which often causes me to procrastinate or fill my schedule with unproductive busyness.

**TOTAL** \_\_\_\_\_ *(Add up your total.)*



# Self-Test Results

## Hurry@Work

If you scored between 50 and 70, hurrying/rushing/busyness are hindering your job performance and affecting the quality of your work.

If you scored between 70 and 90, you are significantly missing future opportunities as you hurry right past them.

If you scored over 90, your hurrying will probably lead you to stress-related health problems and burnout.

## Worry@Work

If you scored between 50 and 70, worry is hindering your job performance and causing you a lot of unhappiness at work.

If you scored between 70 and 90, you are significantly stymied at work and are unable to perform well or enjoy your work.

If you scored over 90, your worry will probably lead you to burnout, being continually stressed out, or quitting.

# STEP TWO

**Now that you have identified whether or not you relate to Hurry and/or Worry, it is time to complete the Friend-To-Friend Process.**

**When completing the Friend-to-Friend Process, remember to focus on answering the questions solely for YOU. Then, reflect on where you are and where you want to be.**



















# FOR MORE TIPS ALONG YOUR RESILIENCE JOURNEY:

1

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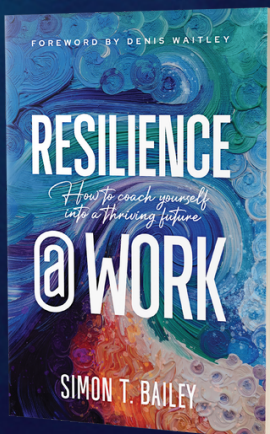
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