

# Welcome to The 3R's for Youth Resilience, Responsibility and Respect in the Workplace Module 1 - 3R's Post Assessment

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## Resilience, Responsibility and Respect

Fill out the NOW column.

1 = Never or rarely    2 = Sometimes    3 = Often    4 = Always or almost always

In the column "Check off the areas you plan to focus on for growth," put a \* (star) beside the areas you want to grow in the most.

	In my last job	Now	A * for the areas you plan to focus on for growth
<b>Resilience</b>			
1. I bounce back quickly from difficult situations.			
2. I don't resort to harmful substances when something back sets me off.			
3. I don't miss work when bad things happen.			
4. I regularly eat food that makes me stronger and healthier.			

5. I exercise regularly.			
6. I trust myself, my intuition and my abilities.			
7. I think of multiple ways to solve problems.			
8. I find healthy ways to deal with stress.			
9. I think about what I'm grateful for.			
10. I have friends who bring out the best in me.			
<b>Responsibility</b>			
1. I have good attendance in classes I'm taking now.			
2. I don't blame others for my mistakes.			
3. I encourage my coworkers and fellow participants in workshops when they do a good job.			
4. I face the consequences of my mistakes.			
5. My boss can depend on me.			
6. I keep promises that I make.			

7. People would say that I am dependable.			
8. I don't make excuses for my actions.			
9. I balance the obligations of my family with my commitment to the workplace.			
10. I am committed to become a better version of myself.			
<b>Respect</b>			
1. I treat people with courtesy, politeness, and kindness.			
2. I listen to other people's opinions and ideas.			
3. I listen to what others have to say before expressing my viewpoint.			
4. I never speak over, butt in, or cut off another person.			
5. I listen, really listen, and I don't formulate rebuttals and responses in my mind when I need to focus on listening to the other person.			

6. I use peoples' ideas to change or improve what I do.			
7. I do not insult people, use name calling, disparage or put down people or their ideas.			
8. I do not nit-pick, criticize over little things, belittle, judge, demean or patronize.			
9. I treat people the same no matter their race, religion, gender, size, age, or country of origin.			
10. I respect everyone in the workplace, from the lowest to the highest position.			