

# Welcome to The 3R's for Youth Resilience, Responsibility and Respect in the Workplace Module 4 - Worksheet 5 - Post Assessment

---

## 3R's - Resilience, Responsibility and Respect

1. Refer back to your Pre-Assessment from Module 1. Fill out the NOW column.  
1 = Never or rarely    2 = Sometimes    3 = Often    4 = Always or almost always
2. Add those numbers to the column "In my last job."
3. 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.			