

A close-up, eye-level shot of a small, fluffy, light-brown dog running towards the camera. The dog's mouth is open, showing its pink tongue and teeth, and it is holding a dark, cylindrical object (likely a stick) in its mouth. The background is a soft, out-of-focus green, suggesting an outdoor setting.

Which Resilience Activities Are Most Likely to Work For You?

We don't all like the same things. Kinda obvious, huh?

But who has time to try a million different alternatives? Wouldn't it be nice if there were a way to figure out which activities might work best for YOU?

Luckily for you, there is! This tool helps you rate 12 types of activities across 5 different variables. Once you've found your Fit Scores, it'll be easier to pinpoint which activities are likely to be most beneficial for you.



Instructions:

Consider each of the following 12 happiness activities. Reflect on what it would be like to engage in each activity every week for an extended period of time.

Then rate each activity by giving it a score between 1 and 7 in the columns labeled Natural, Enjoyment, Value, Guilt, and Situation. These terms describe different reasons for why we might choose to engage in a given activity.

- **Natural:** I'll keep doing this activity weekly because it will feel "natural" to me, and I'll be able to stick with it.
- **Enjoyment:** I'll keep doing this activity weekly because I'll enjoy doing it; I'll find it interesting and challenging.
- **Value:** I'll keep doing this activity weekly because I'll value and identify with doing it; I'll do it freely even when it's not enjoyable.
- **Guilt:** I'll keep doing this activity because I would feel guilty, ashamed, or anxious if I didn't do it; I'll force myself to do it.
- **Situation:** I'll keep doing this activity because my particular situation will compel me to or because somebody else will want me to.

Use this 7-point scale to rate each activity on these five dimensions

- 1 - Not at all true for me
- 2 - Mostly not true for me
- 3 - A little bit true for me
- 4 - Somewhat true for me
- 5 - Mostly true for me
- 6 - True for me
- 7 - Very much true for me

The Fit Score is a measure of what psychologist Ken Sheldon calls "self-determined motivation," or a commitment to engage in an activity because it's grounded in your genuine interests and personal values. The activities with the highest Fit Scores are likely to be the ones that will feel most natural and enjoyable to you, will be easiest to sustain over time, and will have the greatest impact on your happiness.

	Natural	Enjoyment	Value	Guilt	Situation	Fit Score
1. Expressing Gratitude: Counting your blessings for what you have (either to a close other or privately, through contemplation or a journal) or conveying your gratitude and appreciation to one or more individuals whom you've never properly thanked.						
2. Cultivating Optimism: Keeping a journal in which you imagine and write about the best possible future for yourself or practicing looking at the bright side of every situation.						
3. Avoiding Overthinking and Social Comparison: Using strategies (such as distraction) to cut down on how often you dwell on your problems and compare yourself with others.						
4. Practicing Random Acts of Kindness: Doing good things for others, whether friends or strangers, either directly or anonymously, either spontaneously or planned.						
5. Nurturing Social Relationships: Picking a relationship in need of strengthening and investing time and energy in healing, cultivating, affirming, and enjoying it.						
6. Developing Strategies for Coping: Practicing ways to endure or surmount a recent stress, hardship, or trauma.						
7. Learning to Forgive: Keeping a journal or writing a letter in which you work on letting go of anger and resentment toward one or more individuals who have hurt or wronged you.						
8. Increasing Flow Experiences: Increasing the number of experiences at home and work in which you "lose" yourself, which are challenging and absorbing.						
9. Savoring Life's Joys: Paying close attention, taking delight, and replaying life's momentary pleasures and wonders, through thinking, writing, drawing, or sharing with another.						
10. Committing to Your Goals: Picking one, two, or three significant goals that are meaningful to you and devoting time and effort to pursuing them.						
11. Practicing Religion and Spirituality: Becoming more involved in your church, temple, or mosque, or reading and pondering spiritually themed books and media.						
12. Taking Care of Your Body: Engaging in physical activity, meditating, smiling, and laughing.						

To calculate your Fit Scores, use this formula:

$$\frac{(\text{Natural} + \text{Enjoyment} + \text{Value}) \text{ divided by } 3}{\text{minus}} \frac{(\text{Guilt} + \text{Situation}) \text{ divided by } 2}$$

The higher the Fit Score, the more likely you are to find this resilience strategy beneficial.

Not a fan of math? To have the numbers crunched for you, download the Excel version at www.colleenpelar.com/FindYourFit. It's not nearly as pretty, but it works!

Based on the work of Sonja Lyubomirsky & Ken Sheldon

