The Pressure Gauge

Never = 0 Rarely = 1 Sometimes = 2 Often = 3

Physical Signs	Score
General Aches and Pains	
Grinding Teeth	
Headaches	
Indigestion	
Muscle Tension	
Difficulty Sleeping	
Sub-Total	

Thinking Signs	Score
Constant Worry	
Forgetfulness	
Difficulty Making Decisions	
Inability To Concentrate	
Lack Of Creativity	
Loss Of Sense Of Humour	
Sub-Total	

Emotional Signs	Score	Behavioural Signs	Score
Anxiety		Bossiness	
Anger		Compulsive Eating	
Feeling Powerless		Critical Attitude Towards Others	
Frequent Mood Swings		Missing School or Classes	
Irritability		Impulsive Actions	
Frustration		Increased Use Of Substances	
Sub-Total		Sub-Total	

Pressure Gauge Scoring Key

Calculate your sub-total and your total score. Use the scoring key below to give yourself green / amber / red in each area and overall.

Subscale Score 0 - 6 Total Score 0 - 24 A score in this range indicates that pressure is not impacting you

Subscale Score 7 - 12 Total Score 25 - 49 A score in this range indicates that pressure **may be** impacting you

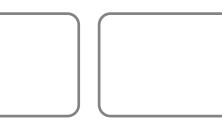
Subscale Score 13 - 18 Total Score 50 - 72 A score in this range indicates that pressure is likely to be impacting you



Springboard to Success Worksheet

NAME:

Listening



Ten	things that require zero talent
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

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Stand Out from the Crowd

Top 3 qualities	Top 3 skills	

How can I stand out?

Laser Habits

School / College

Change:

First step:

Homework / Independent Learning

Change:

First step:

Health

Change:

First step:

Hobbies / Extra-Curricular

Change:

First step:

Employment / Volunteering

Change:

First step:

Choosing Your Focus

Negative Response Thoughts	
Feelings	
Actions	
Consequences	
	1
Positive Response Thoughts	



Actions

Consequences

