



# Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

## HOW STRESS HARDY ARE YOU?

How is it that some people can operate under high levels of stress without suffering from stress-related illnesses? Stress-resistant people are referred to as having “hardy” personalities, characterized by high levels of commitment, control, and challenge. They feel a sense of commitment to themselves, their work, families, and other important values. A sense of control is a significant stress buffer. Hardy people see the changes in life as challenges to master rather than obstacles to overcome. Score each statement on a scale of 0-3, with:

0=strongly disagree  
1=mildly disagree  
2=mildly agree  
4= you strongly agree.

- A. Trying my best at work and school makes a difference.
- B. Trusting to fate is sometimes all I can do in a relationship.
- C. I often wake up eager to start on the day's projects.
- D. Thinking of myself as a free person leads to great frustration and difficulty.
- E. I would be willing to sacrifice financial security in my work if something really challenging came along.
- F. It bothers me when I have to deviate from the routine or schedule I've set for myself.
- G. An average citizen can have an impact on politics.
- H. Without the right breaks, it is hard to be successful in my field.
- I. I know why I am doing what I'm doing at school or work.
- J. Getting close to people puts me at risk of being obligated to them.
- K. Encountering new situations is an important priority in my life.
- L. I really don't mind when I have nothing to do.

Control+Commitment+Challenge = Total hardiness score

<b>Control</b>	<b>A+G</b>	<b>C + I</b>	<b>E + K</b>	<b>= Total hardiness score</b>
<b>Commitment</b>	<b>-</b>	<b>-</b>	<b>-</b>	
<b>Challenge</b>	<b>B+H</b>	<b>D + J</b>	<b>F + L</b>	

A score of:

10-18 Hardy Personality  
0-9 Moderate Hardiness  
Below 0 Low Hardiness

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.



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