

# RESILIENCE

## 11 Skills to Overcome Any Challenge

- 1 Perseverance:** Continuing to try when things are hard.
- 2 Grit:** Working consistently toward my long-term goals.
- 3 Gratitude:** Being thankful and sharing appreciation with others.
- 4 Responsibility:** Owning my actions, using good judgment and practicing self-control.
- 5 Responsible Decision-Making:** Thinking about all options and outcomes to make the best choice.
- 6 Critical Thinking & Problem Solving:** Gathering information to think through and determine the best solution.
- 7 Self-Awareness & Self-Management:** Understanding and governing our thoughts, actions and impact on others.
- 8 Mentorship:** Giving or asking for support, guidance, training or expertise.
- 9 Citizenship:** Helping my neighbor, community and nation.
- 10 Honesty:** Telling the truth.
- 11 Empathy:** Understanding others' thoughts, feelings and actions.