

Resilience Characteristics

Which of these characteristics do you already have?

Which would you like to work on developing?

Characteristics	I already have	I want to work on
Problem-solver		
Optimistic and self-confident		
Curious		
Persistent		
Flexible		
Sense of humor		
Good social support		
Reach out for help		
Think before acting		
Work toward my goals		
Set time driven goals		
Learn from the past		
Good communication skills		