

# Competence

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The ability and motivation for

- Civic and social engagement
- Cultural engagement
- Physical health
- Emotional health
- Intellectual achievement
- Employability

# Confidence

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- Having a sense of mastery and future
- Having a sense of self-efficacy

# Character

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- Having a sense of responsibility and autonomy
- Having a sense of spirituality and self-awareness
- Having an awareness of one's own personality or individuality

# Connection

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- Membership and belonging
- Having a sense of safety and structure

# Contribution

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- Being involved as active participant and decision maker in services, organizations and community