

## Personal Strengths: What Resilience Looks Like

Social Competence	Problem Solving	Autonomy	Sense of Purpose
Responsiveness	Planning	Positive Identity	Goal Direction
Communication	Flexibility	Internal Locus of Control	Achievement Motivation
Empathy	Resourcefulness	Initiative	Educational Aspirations
Caring	Critical Thinking	Self-Efficacy Mastery	Special Interest
Compassion	Insight	Adaptive Distancing	Creativity
Altruism		Resistance	Imagination
Forgiveness		Self-Awareness	Optimism
		Mindfulness	Hope
		Humor	Faith
			Spirituality
			Sense of Meaning