

most often in times of difficulty. Ask yourself: When faced with a major life difficulty, which of these do I use most often? Can I use these to solve problems I now face?

- Relationships** – Sociability/ability to be a friend
- Service** – Gives of self in service to others and/or a cause
- Life Skills** – Uses good life skills, including assertiveness, impulse control, goal-setting, & decision-making
- Humor** – Has a good sense of humor
- Inner Direction** – Bases choices/decisions on internal evaluation
- Perceptiveness** – Insightful understanding of people & situations
- Independence** – Autonomy; "Adaptive Distancing" from unhealthy people and situations
- Positive View of Personal Future** -- Optimism/expects positive future
- Flexibility** – Can adjust to change; can bend as necessary to positively cope with situations
- Love of Learning** – Capacity for and connection to learning
- Self-motivation** – Internal initiative/motivation from within
- Perseverance** – Keeps on despite difficulty; doesn't give up
- Creativity** – Expresses self through artistic endeavor

From "Fostering Resiliency in Children and Youth: Four Basic Steps..." by Nan Henderson. Published in the book, *Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths...*(pp. 161-167), Nan Henderson, Bonnie Benard, & Nancy Sharp-Light (Eds.). Published by Resiliency In Action. 1999.

### **Seven Keys to Resiliency®** by the Resiliency Institute:

1. **Mind Power** - Creating the positive attitudes and belief systems to achieve lifelong personal power, success and happiness.
2. **Emotional Intelligence** - Acquiring the knowledge, self-discipline and skills that support healthy emotional, cognitive and social functioning.
3. **Positive Relationships** - Attaining the knowledge and skills that build healthy self-esteem and strengthen interpersonal relationships.
4. **Mastery Learning** - Developing Multiple Intelligences to maximize cognitive potential, accelerate learning and enhance natural talents.
5. **Moral Intelligence** - Acquiring the personal values and principles that support living with respect, responsibility, integrity and compassion.
6. **Compelling Future** - Clarifying your personal vision and developing meaningful goals to create an exciting, positive and hopeful future.
7. **Principled Leadership** - Modeling and teaching the personal leadership skills of commitment, courage and wisdom.