

# Resiliency Characteristic CHECKLIST



As you introduce each Resiliency Characteristic to your child, check the box next to the corresponding characteristic when he or she consistently demonstrates that Resiliency Characteristic!

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## **Perseverance**

Keep trying when things are hard.

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## **Grit**

Keep working hard.

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## **Gratitude**

Being thankful.

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## **Responsibility**

In charge of my actions and choices.

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## **Responsible Decision-Making**

Thinking about my choices and making the best decision.

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## **Critical Thinking & Problem Solving**

Asking questions, gathering information and making thoughtful decisions.

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## **Self-Awareness & Self-Management**

Understanding and being in control of myself, my feelings and how my actions affect others.

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## **Mentorship**

Giving or asking for support or guidance.

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## **Citizenship**

Following rules and helping others.

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## **Honesty**

Telling the truth.

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## **Empathy**

Understanding others' thoughts, feelings and actions.