

RESILIENCE

11 Skills to Overcome Any Challenge

- 1 Perseverance:** Continuing to try even when things are hard.
- 2 Grit:** Working consistently toward my long-term goals.
- 3 Gratitude:** Being thankful and sharing appreciation with others.
- 4 Responsibility:** Owning my actions, using good judgment and practicing self-control.
- 5 Responsible Decision-Making:** Thinking about all options and outcomes to make the best choice.
- 6 Critical Thinking & Problem Solving:** Gathering information to think through and determine the best solution.
- 7 Self-Awareness & Self-Management:** Understanding and governing our thoughts, actions and impact on others.
- 8 Mentorship:** Giving or asking for support, guidance, training or expertise.
- 9 Citizenship:** Helping my neighbor, community and nation.
- 10 Honesty:** Telling the truth.
- 11 Empathy:** Understanding others' thoughts, feelings and actions.

FLORIDA STUDENTS ARE RESILIENT

Persevere

WE continue to try even when things are hard.

Practice Grit

WE work consistently toward our long-term goals.

Express Gratitude

WE are thankful and share appreciation with others.

Act Responsibly

WE own our actions, use good judgment and practice self-control.

Make Responsible Decisions

WE think about all options and outcomes to make the best choice.

Think Critically & Solve Problems

WE gather information to think through and determine the best solution.

Build Self-Awareness & Self-Management

WE understand and govern our thoughts, actions and impact on others.

Value Mentorship

WE give or ask for support, guidance, training and expertise.

Take Pride in Citizenship

WE help our neighbors, community and nation.

Choose Honesty

WE tell the truth.

Cultivate Empathy

WE work to understand others' thoughts, feelings and actions.