

Characteristics of Resilience

Self-awareness – the ability to reflect, accept and push beyond your beliefs

Tenacity – the ability to be persistent and never give up

Adaptability – the ability to adjust in new conditions

Agility – the ability to think and move quickly

Recoverability – the ability to energize and regain momentum

Trustworthiness – the ability to be relied on and trusted

Coherence – the ability to unify

Steadfastness – the ability to be unwavering

Stamina – the ability to sustain despite the conditions

Robustness – the ability to be strong and withstand hardship

Courageousness – the ability to be brave and adventurous

Vulnerability – the ability to be real