

# Resilience Inventory



RESILIENCE AS THE CAPACITY TO RALLY FROM LIFE'S TRIALS AND TRIBULATIONS, STRENGTHENED BY THE CIRCUMSTANCES, AND BETTER EQUIPPED TO LIVE FULLY, LOVE DEEPLY, AND WEATHER FUTURE CRISES WITH POISE.

**R Resourcefulness:** Meeting new and difficult situations promptly, skillfully, creatively, and effectively.

**E Empathy:** Sharing someone else's feelings or experiences by imagining what it would be like to be in that person's situation.

**S Self-expression & Self-Mastery:** choosing, creating, and contributing authentically; being in command of yourself even when you can't control all situations or outcomes.

**I Integrity:** Behaving with honor and dignity; maintaining wholeness in all situations.

**L Love & Connectedness:** Reaching out and letting trusted others in; being available to and caring for others and allowing yourself to be cared for.

**I Initiative:** Beginning or following through energetically with a plan or task.

**E Engagement:** Connecting with experience and possibilities, and with yourself, others, and the world.

**N Never-Give-Up:** Never stop believing in your worth, in *yourself*.

**C Courage:** Acting with intention and perseverance in the face of fear; doing the thing that's hard.

**E Ethics:** Having and living by a set of moral principles that inspire your actions or behavior.