

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.

Moral Healing Inventory



MORAL VALUES AND THE IDENTITIES THAT SUSTAIN OUR RELATIONSHIPS ARE THE MOST IMPORTANT ASPECTS OF OUR LIVES; THEY CONSTITUTE WHAT IS MOST SACRED IN US. HEALING HEARTS REQUIRES A HOLISTIC PROCESS OF RECONNECTION TO SELF-WORTH AND LIFE-SUSTAINING RELATIONSHIPS.

- M** **Meaning-Making:** Perceiving, interpreting, and making sense of events in life; organizing memories, and shaping the narrative of an experience. ◆
- O** **Openness:** Being receptive to anything new — ideas, opinions, people, experiences, or arguments.
- R** **Reconciling:** Making peace with incongruities in your beliefs, expectations, and attitude towards life, especially in times of adversity. ◆
- A** **Acceptance:** Allowing that a person, situation, or experience is adequate or tolerable.
- L** **Love & Connectedness:** Reaching out and letting trusted others in; being available to and caring for others and allowing yourself to be cared for. ◆
- H** **Humor:** Finding joy and truth in the imperfection in life.
- E** **Empathy:** Sharing someone else's feelings or experiences by imagining what it would be like to be in that person's situation.
- A** **Admiration:** Delighting in the efforts and successes of others; finding inspiration and beauty in the world around us. ◆
- L** **Let Go:** Releasing the need to control all situations and outcomes; allowing for imperfection in life.
- I** **Integrity:** Behaving with honor and dignity; maintaining wholeness in all situations.
- N** **Never Give Up:** Never stop believing in your worth, in *yourself*.
- G** **Gratitude:** Acknowledging and being thankful for what has been kindly done for you, and for your benefit.

Courage Inventory



COURAGE IS ACTING WITH INTENTION AND PERSEVERANCE
IN THE FACE OF FEAR; IT'S DOING THE THING THAT IS HARD.

- C** **Cuiosity:** Desiring to know or learn more about something; exploring and understanding things better.
- O** **Openness:** Being receptive to anything new — ideas, opinions, people, experiences, or arguments.
- U** **Undeterred:** Staying focused and maintaining momentum, no matter the challenges and obstacles; taking mindful or intentional risks.
- R** **Resourcefulness:** Meeting new and difficult situations promptly, skillfully, creatively, and effectively.ness.
- A** **Authenticity:** Knowing who you are and acting in accordance with that truth and reality.
- G** **Grit:** Persevering in the face of challenge; having a firmness of mind and an indomitable spirit.
- E** **Ethics:** Having and living by a set of moral principles that inspire your actions or behavior.

