

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!



<input type="checkbox"/>	 Perseverance Keep trying when things are hard.
<input type="checkbox"/>	 Grit Keep working hard.
<input type="checkbox"/>	 Gratitude Being thankful.
<input type="checkbox"/>	 Responsibility In charge of my actions and choices.
<input type="checkbox"/>	 Responsible Decision-Making Thinking about my choices and making the best decision.
<input type="checkbox"/>	 Critical Thinking & Problem Solving Asking questions, gathering information and making thoughtful decisions.
<input type="checkbox"/>	 Self-Awareness & Self-Management Understanding and being in control of myself, my feelings and how my actions affect others.
<input type="checkbox"/>	 Mentorship Giving or asking for support or guidance.
<input type="checkbox"/>	 Citizenship Following rules and helping others.
<input type="checkbox"/>	 Honesty Telling the truth.
<input type="checkbox"/>	 Empathy Understanding others' thoughts, feelings and actions.

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Perseverance

Continuing to try even when things are hard.



Grit

Working consistently toward my long-term goals.



Gratitude

Being thankful and sharing appreciation with others.



Responsibility

Owning my actions, using good judgment and practicing self-control.



Responsible Decision-Making

Thinking about all options and outcomes to make the best choice.



Critical Thinking & Problem Solving

Gathering information to think through and determine the best solution.



Self-Awareness & Self-Management

Understanding and governing our thoughts, actions and impact on others.



Mentorship

Giving or asking for support, guidance, training or expertise.



Citizenship

Helping my neighbor, community and nation.



Honesty

Telling the truth.



Empathy

Understanding others' thoughts, feelings and actions.