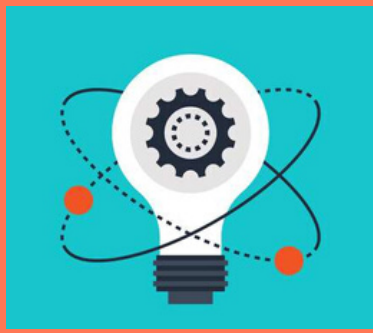




## RESILIENCE

The ability to bounce back from adversity.  
We can foster resiliency by finding opportunities to grow from challenges.



## INNOVATION & CREATIVITY

Adversity can be a time for new ideas and inspiration.  
What kind of problem-solving have you done?  
How have you been resourceful, imaginative or creative?  
Have you tried something that you've never done before?



## NEW CONNECTIVITY

Social distancing has challenged our connection.  
How have you used technology differently?  
What new platforms have you tried?  
Who are you more connected to now than before?



## STRENGTH & PERSEVERANCE

Difficult times can help people develop "grit" - fortitude, courage, conscientiousness, resilience and excellence.  
In what ways have you grown stronger?  
What personal qualities are helping you persevere?  
Who is helping you stay strong?



## GROWTH MINDSET

Critical events can disrupt a person's frame of reference.  
Not all change is negative, though.  
What are you learning due to these circumstances?  
Are there changes to your life right now that you enjoy?  
What do you appreciate more?



## COMPASSION & COMMUNITY

Challenges help clarify what is most important to us & what we have in common. Is your heart feeling for others?  
Have you been helpful or kind to a friend or a stranger?  
Are you more aware of community needs?  
Who has reached out to support you?