

Elements of Resiliency	Description
Personal responsibility	That is the belief that successes or failures are determined by our own talents and motivations as opposed to external forces.
Realistic optimism	... is the tendency to see the world in a positive way but remain grounded in reality.
Self-assurance	... is confidence in oneself to successfully perform at work; confidence in your skills.
Courageous Communication	The tendency to communicate with others in a candid and courageous way in the face of difficulty.
Agility	Your willingness and ability to change. (Don't be so fixated on the change that you aren't flexible.)
Resourceful	Able to act effectively or imaginatively, especially in difficult situations.