

FACTORS THAT CONTRIBUTE TO HAPPINESS, SUCCESS, AND RESILIENCY

<u>FACTORS</u>	<u>HAPPINESS</u>	<u>SUCCESS</u>	<u>RESILIENCY</u>
Strong Sense of Self “Spam” around me changes but the “watcher” remains the same. Self-aware Positive identity Need for meaning Courage Need for love, belonging	I know what makes me happy. To my surprise, it’s not \$! I spend my free time engaged with family, friends, and activities that make me feel good about myself – active, strong, and alert. I know what I love, and I do it.	I know my inborn talents, and I have worked hard to develop them. I have identified my 3 strong skills. I know where I want to link my talents and skills to community needs. I have volunteered; held co-op positions in school, and/or have had internships in my field of interest.	When bad things happen to me, I’m still me. I have survived before, so I know I can survive this. I draw strengths from my talents and interests.
Autonomous Independence Initiative Humor Optimistic	I accept responsibility for my success and failures and am optimistic about my future. I enjoy experiencing myself living life.	I like doing things well. I like doing what needs to be done. I invest a lot of time and energy developing my skills so I can accomplish my goals.	I am flexible and adaptable. When needed I can be both: Serious and playful Hard working and lazy Self confident and self critical Extroverted and introverted Generous and selfish
Competence High self-esteem based upon accomplishments Effort High skills used in challenging situations	I take an active role in things that interest me and affect others. I embrace responsibilities. I take risks in self-discovery. When I am doing the work I love, and I am best at, I feel like I am at play.	I have strong basic skills. I am curious. I love to learn. I have assessed my strengths and weaknesses and developed needed skills.	I survived past losses, difficulties through my own personal efforts (with the support of others) and came out with unknown strengths and abilities. I wouldn’t want to do it again, but it’s the best thing that ever happened to me.
Positive Relationships Well-loved Lovable Kind Considerate of others Emotional management	I am “emotionally intelligent.” I know that emotions are impulses, but I have learned not to act on them. I know that good relationships depend upon using my emotions to get information and then making decisions on what to say, how to act.	I am socially competent. I have the ability to get along with a variety of people. I am supportive, helpful, and kind. I can put myself in other people’s shoes. I understand that “character is fate.”	I have the ability to hold people in my heart. I can attract and use resources in the community because I have helped others in the past. I am lovable, so am confident that others will be there when I need them.
Purpose and Direction Has a vocation or passion Intense involvement in areas of interest Working toward goals and dreams.	I am optimistic about my future. I have dreams and aspirations. I have a purpose, clear goals, and know I can make a plan to reach to them.	I love my field regardless of the rewards it brings me. I would stay up at night and learn about it no matter what.	I am deeply engaged with something that is bigger than I am. I have a strong need to make things work out for me and for others.