

Resilience wheel

SAFETY
 RELATIONSHIP SECURITY · EMOTIONALLY REGULATED
 SECURITY · CONNECTED · SANCTUARY

ADVENTURE
 CREATIVITY · NEW EXPERIENCE
 TAKING APPROPRIATE RISKS

BELONGING
 CONNECTING · HAVING A BASE

ACHIEVING
 LEARNING · MASTERY

EMPOWERMENT
 AUTONOMY · AGENCY · SENSE OF SELF
 INTER-DEPENDENCE · SELF EFFICACY

PURPOSE
 GENEROSITY · SERVICE

