

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

