

## AWARE

I understand how I show up in my community and world. I understand how my thoughts and actions affect me and the people around me. I manage my own emotions and comfortably deal with the emotions of others.

## RESILIENT

I believe in myself. I am capable of achieving my goals. I adapt well in difficult times by seeing these as temporary and not letting them stop me.

## CURIOUS

I am eager and interested in learning. I ask questions and this sparks my creativity, my imagination, and my desire for the discovery and understanding of new things. I am passionate about what and how I learn.

## COURAGEOUS

I have strong values. I know who I am and what I stand for. I know what I am capable of achieving and I am confident in meeting the challenges that I face. I will be brave as I meet new experiences, despite feeling anxious or uncomfortable.

## REVOLUTIONARY

I make a difference. I fearlessly challenge the status quo and advocate for a dramatic change.

## COMMUNITY BUILDER

I value and respect diversity in people. I ensure others feel included and welcomed for all that they are. I listen to get to know others. I offer compassion and support to show I care as we grow and change.

