

Wellbeing-Resilience Toolbox for Teachers

HABIT #3: The Resilient Mindset

Defining your Resilient Mindset

List your 10 Character Strengths and define each one in the space below.

1. Character Strength: _____

Definition:

2. Character Strength: _____

Definition:

3. Character Strength: _____

Definition:

4. Character Strength: _____

Definition:

5. Character Strength: _____

Definition:

6. Character Strength: _____

Definition:

7. Character Strength: _____

Definition:

8. Character Strength: _____

Definition:

9. Character Strength: _____

Definition:

10. Character Strength: _____

Definition:
