

**GOAL  
SETTING**  
WITH  
**REALISTIC**  
expectations



**SELF  
ESTEEM**



**LEARNING**  
from their  
**MISTAKES**



problem  
**SOLVING**  
**SKILLS**

Understanding and  
**ACCEPTANCE**  
OF THEIR OWN  
**strengths** and  
**weaknesses**



**RESILIENCE**

Ability  
**TO RECOGNISE**  
their own  
**EMOTIONS**  
and those  
of others

**SELF-  
CONTROL**

**SOCIAL SKILLS**  
AND **ABILITY TO SEEK**  
**ASSISTANCE**  
FROM **OTHERS**



**OPTIMISTIC**  
thinking  
**PATTERNS**



**WILLINGNESS** to  
**OVERCOME**  
**DIFFICULTIES**  
rather than  
**AVOID**  
**PROBLEMS**

