

Achievement Attitudes
(characteristics of resilient people)

DETERMINED	Having a fixed purpose; persevering, especially despite setbacks; not willing to accept failure
FOCUSED	Having the mind fixed on something specific; unable to be distracted; concentrating
THOUGHTFUL	Reflective, aware of one's own thoughts and actions; also, treating people in a kind and considerate way
RESPECTFUL	Showing appropriate esteem, admiration, deference or consideration
TOLERANT	Able to put up with harsh conditions or treatment; also, accepting of others' different views and beliefs
GRATEFUL	Thankful, appreciative
HARDWORKING	Putting a lot of effort into a task; diligent, industrious, productive
TENACIOUS	Persistent; not willing to give up; stubborn
COOPERATIVE	Working in partnership with others; collaborative
HUMOROUS	Funny, lighthearted, not serious
RESPONSIBLE	Accountable to somebody for an action or for the successful carrying out of a duty; trustworthy
OPTIMISTIC	With positive attitude: tending to take a hopeful and positive view of future outcomes