Purpose is a clear vision of: • where you want to go, • what you want in life, and • why. Purpose reaches beyond self to a desire to contribute to the world. There is a commitment to activities that grow this purpose and a plan for pursuing dreams. Purposeful effort leads to a feeling of joy.

Love of Learning: A love of learning is a passionate interest in gaining knowledge about the world and your place in it; • working hard in school to learn and improve your skills;  • being curious and pursuing subjects that interest you; • applying your learning strengths; • finding ways to address learning challenges; and • having a growth mindset instead of a fixed mindset.

Taking good care of your health includes: • eating healthy, balanced meals; • getting regular exercise; and • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; and • going to the doctor and dentist regularly.

Persistent resourcefulness is the ability to: • suffer wisely; • face challenges and learn the lessons; • find creative solutions; • engage people and resources to help you succeed; • hold on to hope and keep trying.

Life skills are called the "nuts and bolts" of your skill-based toolkit. They include: • earning, managing, and sharing money wisely; • managing your time well; • being organized; • goal management; • skills that will help you find and keep a good job; • and understanding communication protocols.

Emotional Competence is the ability to identify and manage emotions to support your progress in the world and by what you say or don’t say. They are necessary for building relationships and resolving conflicts.

Social skills are knowing what’s expected and how to act in differing social situations; • how to interact with different ages and walks of life; and • how to handle strangers, including those in need or those causing problems. Social skills are demonstrated through body language and eye contact and by what you say.

Positive relationships enhance the well-being of all individuals involved. The mutual connection includes trust, • resolving conflicts respectfully, • giving others support and guidance you want to be treated. You invest in building relationships outside your immediate circle.

Spiritual growth is an awareness of your inner spirit or soul and your connection with the sacred or wider universe. As you discover your beliefs, you grow a sense of identity and meaning in life, which in turn strengthens your bonds to humanity and the world.

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A caring person honours and protects all living things and the world’s resources. Caring is showing empathy towards others – including those who are different. When you are caring, you stand up for fairness and freedom from discrimination, and you share your skills and treasures to improve the lives of those around you.

Confidence is having the feeling that you will be able to do what you set out to do. True confidence is built upon believing in yourself and valuing your talents and abilities; • applying your strengths to areas of self-doubt or things that are hard to change; • working to enhance skills; and standing up for what you believe.

Spiritual growth is an awareness of your inner spirit or soul and your connection with the sacred or wider universe. As you discover your beliefs, you grow a sense of identity and meaning in life, which in turn strengthens your bonds to humanity and the world.

Character: • decision making grounded in a clear sense of right and wrong; • valuing diversity and acting selflessly for the good of an individual or others; • being honest; • acting out of "moral emotions" rather than snap judgements or inflammatory emotions; • respecting laws and authority; and • consistently aligning your actions and values. People of strong moral character do the right thing even when it is not easy.

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