



|                                 | CAB/CAR | Mindfulness | Act "As If" | Gratitude | Giving | Goal Setting |
|---------------------------------|---------|-------------|-------------|-----------|--------|--------------|
| <b>Personal Responsibility</b>  | ✓       |             |             |           | ✓      | ✓            |
| <b>Realistic Optimism</b>       | ✓       | ✓           | ✓           | ✓         | ✓      |              |
| <b>Personal Beliefs</b>         |         | ✓           |             | ✓         | ✓      |              |
| <b>Self-Assurance</b>           | ✓       |             | ✓           |           |        | ✓            |
| <b>Self-Composure</b>           | ✓       | ✓           | ✓           | ✓         | ✓      |              |
| <b>Problem Solving</b>          | ✓       | ✓           |             |           |        | ✓            |
| <b>Goal Orientation</b>         | ✓       | ✓           |             |           |        | ✓            |
| <b>Courageous Communication</b> | ✓       |             | ✓           |           |        |              |
| <b>Social Support</b>           | ✓       |             |             | ✓         | ✓      |              |

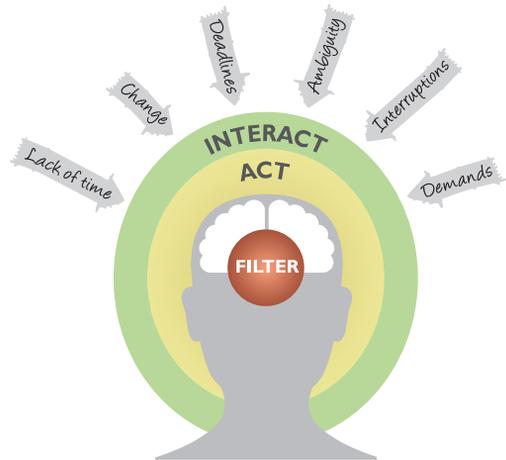


**FILTER** — How you filter information and interpret the world.

- » **Personal Responsibility** is the belief that successes or failures at work are determined by one's own talents and motivations as opposed to external forces such as luck or good timing.
- » **Realistic Optimism** is the tendency to see the world in a positive way but remain grounded in reality.
- » **Personal Beliefs** is the sense that life has deep meaning and purpose. Personal beliefs may take the form of religious observance, spirituality, or devotion to a particular value system or cause.

**ACT** — How you handle challenges.

- » **Self-Assurance** is the belief in oneself to successfully perform at work.
- » **Self-Composure** is the ability to manage stress and remain calm under pressure.
- » **Problem Solving** is the ability to plan and resolve problems effectively.
- » **Goal Orientation** is the tendency to set appropriate goals, monitor progress on those goals, and adjust behavior accordingly.



**INTERACT** — How you communicate and connect with others.

- » **Courageous Communication** is the tendency to communicate with others in a candid and courageous way in the face of difficulty.
- » **Social Support** is the perception that one is part of a supportive social network. This includes having close confidants and people with whom one can discuss problems.