



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

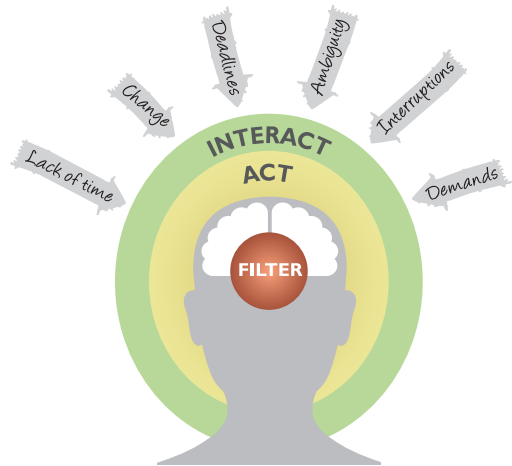


**FILTER** — How you filter information and interpret the world.

- » **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.