

Recipe for Happiness – A Resilience Profile

Positive interpretation of events

Warmth

Permission to be human

Meaningful Relationships

Patience

Choosing what to focus on

Mindfulness

Curiosity

Flexibility

Gratitude

Vulnerability

Physical well-being

Calmness

Openness

Aspiration

Intimacy

Self-Awareness

Learning

Kindness

Awe/Wonder

Service to others

Self-Care

Playfulness

Hope

Self-Compassion

Vitality

Focus

Self-Expression

Humor/Laughter

Courage

Creativity

Confidence

Pleasure
