

Love

Sense of humour

Connection to nature & others

Patience

Curiosity

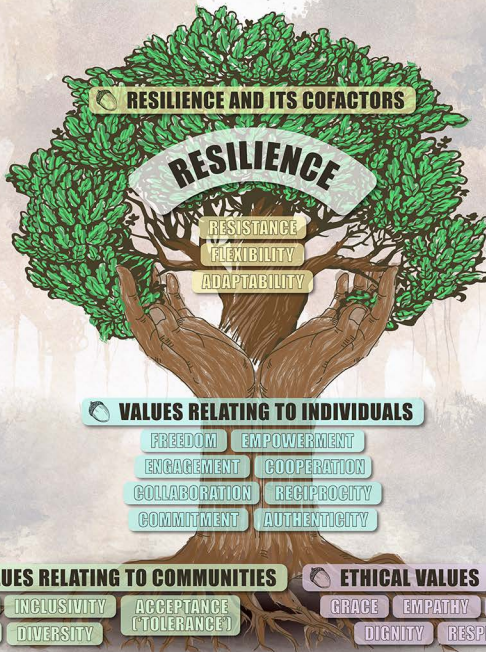
Being in the here and now

Integrity

Accountability

Regenerative leadership

Active listening/communication



Optimism/positive mindset

Creativity

Meaning & purpose in life

Courage

Ability to let go of that which doesn't serve

Negotiation/conflict resolution skills

Personal or collective goals



words on scrolls are skills or qualities required to build resilience.