Self Belief: Confidence in your ability to address problems or obstacles. You have clear goals you are committed to achieve

Regulate Emotions: You remain calm and in control of your emotions in stressful situations

Optimism: You believe you generally experience good outcomes in life. You use setbacks as a learning experience

Challenge Orientated: You believe you are capable of finding solutions to problems you come across

Ingenuity: You see stretching situations as opportunities to learn and develop

Seeks Support: You will ask others for help when dealing with difficult situations

Adaptability: You will adapt your behaviour and approach in response to changing circumstances