

Hope



First, believe you can. Then, set goals. Then, keep believing.

Personal Responsibility



Take action toward the goals you set.
Make good choices.

Support



Lean on others for encouragement.
Depend on others to hold you
accountable.

Education



Get good information. Use info
to make decisions.

Self-Advocacy



Communicate effectively. Change methods based on different situations.

Spirituality



Find meaning and purpose in your life. Identify what matters to you the most