



DIGITAL CARDS

The [ESSENCE GLOSSARY](#) is a listing of 32 social-emotional attributes. These attributes are supportive of individual and interpersonal well-being across the lifespan.

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ESSENCE GLOSSARY™

Adaptability	Empathy	Love of Learning
Advocacy	Engagement	Patience
Appreciation	Fairness	Persistence
Attention	Forgiveness	Reliance
Bravery	Gratitude	Resilience
Charity	Honesty	Responsibility
Civility	Hope	Self-Regulation
Compassion	Humor	Teamwork
Creativity	Kindness	Tolerance
Curiosity	Love	Trust
Discernment		Zest

DIRECTIONS FOR USE:

If using from a digital device, simply **SWIPE** (scroll) cards one by one.

OR

TAP each word to jump to that card.

TAP

to return to the main screen.



ESSENCE GLOSSARY – MAIN SCREEN
(**SWIPE** screen (to scroll) or **TAP** each word)

[Adaptability](#)

[Advocacy](#)

[Appreciation](#)

[Attention](#)

[Bravery](#)

[Charity](#)

[Civility](#)

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[Tolerance](#)

[Trust](#)

[Zest](#)



Adaptability

openness to changing
conditions



Advocacy

encourages multiple views
by promoting: choice,
expression of opinions, and
equal rights



Appreciation

recognizes the inherent qualities within self, others, and everyday experiences



Attention

purposefully and selectively
directs the mind



Bravery

overcomes fear and
uncertainty to take action



Charity

shares one's time, talents,
and resources



Civility

uses respectful words and
actions towards others



Compassion

recognizes human need
and is motivated to address



Creativity

constructs, connects,
and adapts information
in new ways



Curiosity

interested and willing to
explore and discover



Discernment

considers relevant
information to make
sound decisions



Empathy

feels what others feel



Engagement

interacts with things and/or
people across environments



Fairness

ensures equality
without discrimination



Forgiveness

acknowledges wrongdoing
without seeking revenge
or punishment



Gratitude

expresses and shows thanks
for things given or
benefited from



Honesty

acts and speaks from one's
truth and with integrity



Hope

shows optimism despite
human hardships



Humor

approaches life with
playfulness and
lightheartedness



Kindness

helpful, generous, and
unconditional approach
to self and others



Love

affection and devotion for
self and all living things



Love of Learning

orientation and openness to
new knowledge and new
experiences



Patience

remains steady and calm
during personal discomfort



Persistence

continues or finishes what is started, despite difficulty, distractions, and challenges



Reliance

recognizes Interdependence
with others and
the environment



Resilience

capacity to recover
from adversity



Responsibility

accepts ownership of
one's actions



Self-Regulation

shows discretion in one's
thoughts, emotions,
and actions



Teamwork

works effectively with others
to achieve mutual goals



Tolerance

fair and objective attitude
toward differences in others



Trust

belief in and reliance on
objects, self, and others



Zest

enthusiasm for life

