

FIGURE 6.4 ANTICIPATION GUIDE FOR *RESILIENCE*

	DISAGREE			AGREE	
Overcoming obstacles is necessary for a person to grow.	1	2	3	4	5
There are some challenges that are impossible to overcome.	1	2	3	4	5
It's easier to overcome a challenge when working with others.	1	2	3	4	5
To be resilient, you have to accept that life is not always fair.	1	2	3	4	5
Having a positive outlook is the best way to deal with challenges.	1	2	3	4	5