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the positive attitude that helps you push through challenges and obstacles
Effort

The amount of energy and time you put into an activity or task
PERSEVERANCE

Working through challenges to accomplish a goal or to finish a task.
RESILIENCY

GETTING THROUGH MOMENTS OF STRESS AND SADNESS AND ASKING FOR HELP WHEN I NEED IT
Growth

Learning from my mistakes and using my mistakes to help me in the future
Determination

The “I can do it no matter what” attitude
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