

Determinants Of Social Capital And Differential Success: Building A Better Life

Skills and Characteristics I Use to Build a Better Life

Caring nature
Communication skills
Confidence
Courage
Honesty
Humility
Integrity
Leadership
Networking
Non-judgmental
Perspective
Positive attitude
Resiliency
Respect
Self-awareness
Self-care
Stress management

External Supports I Use to Build a Better Life

Community
Counselling and therapy
Cultural connections
Education
Elders and traditional practice
Employment
Faith communities
Family
Friends
Health care
Justice system
Mentors and teachers
Programs and services
Shelter and food
Skill-building opportunities
Staff at agency(ies)
Transportation

What I Give Back to the Community

Acceptance
Advocacy
Calmness
Caring
Communication
Connecting people
Consistency
Courage
Honesty
Hopefulness
Leadership
Patience
Positive role model
Understanding
Volunteering

