

# Build resilience with the 4Ps

The 4Ps—priorities, purpose, perspective, and personal responsibility—are key to building resilience.

## 4Ps

## Related PPFs

## Self-assessment

### Priorities

- Competence
- Faith/spirituality
- Humor
- Optimism
- Self-awareness
- Social support

- What matters to you?
- How do you define “doing what is right”?
- Does the way you spend your time and energy accurately reflect your priorities? If not, what’s taking their place?

### Purpose

- Faith/spirituality
- Flexibility
- Hope
- Meaning in life
- Optimism
- Perseverance
- Self-awareness
- Self-esteem/confidence

- Why are you here?
- Do you believe there’s a reason for everything that happens to you?
- Do you seek to learn from failure, disappointment, or “bad” experiences?

### Perspective

- Faith/spirituality
- Flexibility
- Hope
- Humor
- Optimism
- Perseverance
- Positive emotions
- Self-awareness
- Self-efficacy
- Social support

- Do you strive to see the “bigger picture” when you’re faced with a difficult situation?
- How do you remain informed?
- Who/what do you consult before making decisions?

### Personal responsibility

- Competence
- Flexibility
- Optimism
- Perseverance
- Self-awareness
- Self-efficacy
- Self-esteem/confidence
- Social support

- Do you believe you’re accountable for your actions?
- Do you consider the effects of your behavior on others when choosing your response to a situation?
- Are you willing to “change your mind” or admit your mistakes for the good of your team or colleagues?