



PROMOTING SOCIAL-EMOTIONAL INTELLIGENCE ACROSS THE LIFESPAN

The ESSENCE GLOSSARY™ is a resource designed to promote social-emotional intelligence. The glossary, comprised of 32 attributes, provides both a common language, and a simple approach to understanding and supporting the growth and development of all individuals. Numerous scientific studies have indicated that when cultivated and reinforced, these attributes increase cooperation and collaboration, through the intentional, yet gentle discovery, of our shared humanity.

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 needs 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

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