Hope

First, believe you can. Then, set goals. Then, keep believing.
Personal Responsibility

Take action toward the goals you set.
Make good choices.
Support

Lean on others for encouragement. Depend on others to hold you accountable.
Education

Get good information. Use info to make decisions.
Self-Advocacy

Communicate effectively. Change methods based on different situations.
Spirituality

Find meaning and purpose in your life. Identify what matters to you the most.