



# Four Essential Elements

## Belonging

- Positive relationship with a caring adult
- A safe, inclusive environment
- Participate in a group
- Feel a sense of connection



## Independence

- Opportunity to see oneself as an active participant in the future
- Opportunity for self-determination
- Learn to better understand oneself
- Able to influence people and events through decision-making



## Generosity

- Opportunity to value and practice service for others
- Connect and give back to the community
- Feel their lives have meaning and purpose



## Mastery

- Engagement in learning
- Opportunity for mastery
- Experience success at solving problems and meeting challenges
- Feel and believe they are capable
- Develop self-confidence

