



The Durable Dozen

The Durable Dozen™ are timeless, universal skills that empower people to thrive in school, work, and life. These daily practices build inner strength, deepen connection, and create a more peaceful, creative, and compassionate world.



1 SELF-AWARENESS

Know yourself deeply. Understand your thoughts, emotions, strengths, and values.



7 ADAPTABILITY

Adjust, learn, and grow when change is constant.



2 EMOTIONAL REGULATION

Manage emotions skillfully so you can respond, not react.



8 CREATIVITY

Generate new ideas, see opportunities, and solve problems in fresh ways.



3 PRESENCE

Bring your full attention to the moment, people, and purpose.



9 COURAGE

Take meaningful action despite fear, uncertainty, or risk.



4 COMMUNICATION

Express ideas clearly, listen deeply, and create understanding.



10 RESILIENCE

Recover, learn, and move forward after setbacks.



5 EMPATHY

Understand and appreciate others' feelings, experiences, and perspectives.



11 DISCERNMENT

Choose wisely by seeing what truly matters and letting go of the rest.



6 COLLABORATION

Work effectively with others toward shared goals and common good.



12 COMPASSION

Turn understanding into action through kindness, care, and support.



When We Grow These Skills We Raise Our Impact.

BETTER HUMANS. BETTER COMMUNITIES. BETTER WORLD.



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