The Five Characteristics of Resilience

Aware	The entity has knowledge of its strengths and assets, liabilities and vulnerabilities, and the threats and risk it faces. Being aware includes situational awareness: the ability and willingness to constantly assess, take in new information, and adjust understanding in real time.
Diverse	The entity has different sources of capacity so it can successfully operate even when elements of that capacity are challenged: there are redundant elements or assets. The entity possesses or can draw upon a range of capabilities, ideas, information sources, technical elements, people, or groups.
Integrated	The entity has coordination of functions and actions across systems, including the ability to bring together disparate ideas and elements, work collaboratively across elements, develop cohesive solutions, and coordinate actions. Information is shared and communication is transparent.
Self-Regulating	The entity can regulate itself in ways that enable it to deal with anomalous situations and disruptions without extreme malfunction or catastrophic collapse. Cascading disruptions do not result when the entity suffers a severe dysfunction; it can fail safely.
Adaptive	The entity has the capacity to adjust to changing circumstances by developing new plans, taking new actions, or modifying behaviors. The entity is flexible: it has the ability to apply existing resources to new purposes or for one element to take on multiple roles.