

# Understanding Distance Traveled

Distance Traveled is a measure of personal growth that considers your unique journey, including the challenges you've overcome and the resilience you've developed. This trait reflects your grit, resourcefulness, and resilience.

## Core Traits of Distance Traveled

### Grit

Dedication to long-term goals, even when things are tough.

### Resourcefulness

Solving problems creatively with what's available.

### Self-Efficacy

Confidence in your abilities and commitment to achieving your goals.

### Resilience

The ability to bounce back from setbacks and adapt to change.

### Proactivity

Taking initiative and acting in anticipation of future problems, needs, or changes.

### Antifragility

The quality of becoming stronger and more effective as a result of stressors, challenges, and disruptions, transforming adversity into growth.

## Why It Matters

Your "distance traveled" reflects personal growth and can show future employers your determination, adaptability, and readiness to overcome challenges.

## Ways to Build Distance Traveled

- Embrace challenges and setbacks as learning opportunities.
- Seek out diverse experiences that broaden your perspective.
- Focus on long-term goals, even in difficult times.
- Reflect on past experiences to recognize the strengths you've developed.