

Being Gritty

You have just heard how passion + perseverance = *Grit*, and how grit is essential to achieving your long-term goals. Take a few minutes to reflect on a time when you set a long-term goal for yourself. This reflection is just for you. You might have an opportunity to share if you would like, but you will not have to, and you will not be asked to turn this in.



1. Think about a time when you set a long-term goal – something that was going to take a long time to accomplish. It can be a goal you did or did not achieve. Briefly describe your goal:

2. What were some of the barriers or challenges you experienced when trying to achieve your goal?

3. Did you overcome those barriers and achieve your goal? Were you gritty? If so, what made you gritty? If you didn't achieve your goal, what could you have done differently that would have led to success? Or, if it is still a goal that you would like to achieve, what could you do that could help you achieve your goal?

4. How did you feel when you achieved your goal, or how do you think you will feel when you achieve it?

Commit to Grit

A goal I am passionate about achieving is



Because I want to achieve my goal, I commit to (what do you commit to doing?)

Because I want to achieve my goal, when faced with a difficult challenge, when learning something that is hard for me, or when I am frustrated, I will

When I have been gritty I will reward myself by

When I see my classmates and coworkers being gritty I will