LET'S TALK ABOUT

GRIT

August - September 2019

"Grit is having passion and perseverance for very long term goals. Grit is having stamina. Grit is sticking with your future, day in, day out, and making that future a reality. Grit is living life like it's a marathon and not a sprint."
-Angela Duckworth

ENCOURAGE GRIT

Model It: When you fail, openly share your frustration but go out of your way to point out what you learned from the experience.

Celebrate It: When you see grit, draw attention to it. When you see passion, praise it!

Enable It: The paradox of grit is that the steely determination of individuals is made possible by the warmth and support of friends, families, teachers, and mentors.

Adapted from The Character Lab