

The



Little

Big

Word

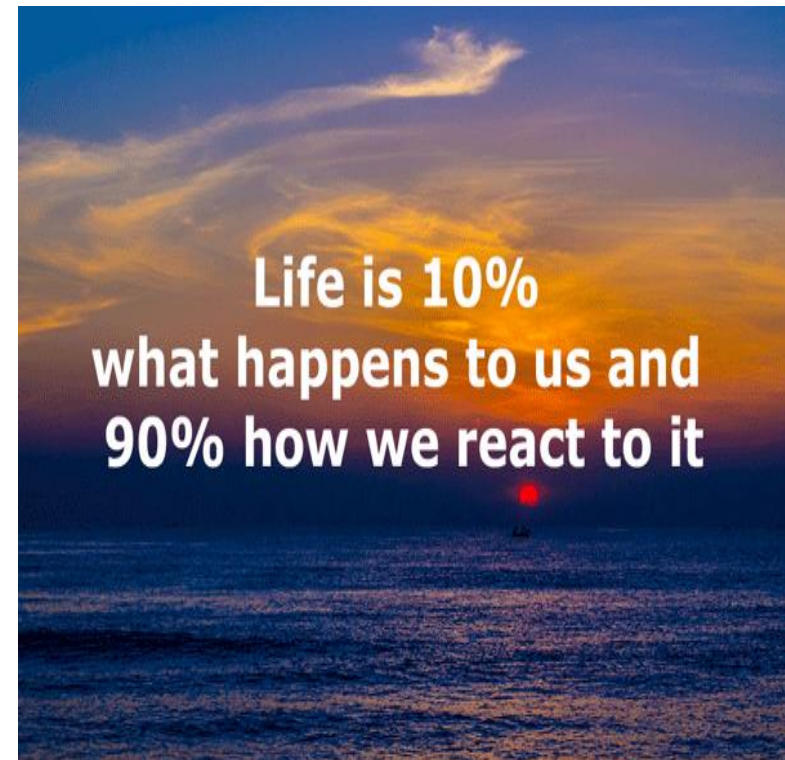
GRIT

- Powerful Inspirational true story...Never give up!
- <https://www.youtube.com/watch?v=kZlXWp6vFdE>

GRIT

- **Challenges are an important part of life.**

Somebody once said that in this life, it is either you are having a problem, you just left one or is heading to one.



“Tough times don’t last, but tough people do ”

GRIT

- We are living in unprecedented times which can affect our ability to perform at our optimal level.



Pandemic



Study



Family



Finances

“Tough times don’t last, but tough people do ”

GRIT

What is Grit?

- **The ability to persist in something you feel passionate about and persevere when you face obstacles.**
- **To stay committed to a task that may be difficult or boring.**
- **To persevere means to stick with it; to continue working hard even after experiencing difficulty or failure.**

- Baruch-Feldman, (2017).



GRIT

Additionally

- It is staying clear of negativity and anything that will create instability and hinder your success.
- It is digging your heel into the ground and keeping your focus while you work and wait expectantly for positive results.
- It is understanding that there is no elevator to success.
- It is consistently placing God at the center of everything, praying, living by faith and depending on His guidance.

How to Develop GRIT

- **G - Set Reachable Goals**

Specific

What exactly do you want to achieve?

Good goals are clear and defined

Measurable

How will you know when you've achieved it?

You will need to be able to track daily progress

Achievable

How can the goal be accomplished?

List the specific tasks you will need to complete

Relevant

Why is this goal important to you?

Does this goal help add to your plans for the future?

Time-bound

When do you want to achieve this goal?

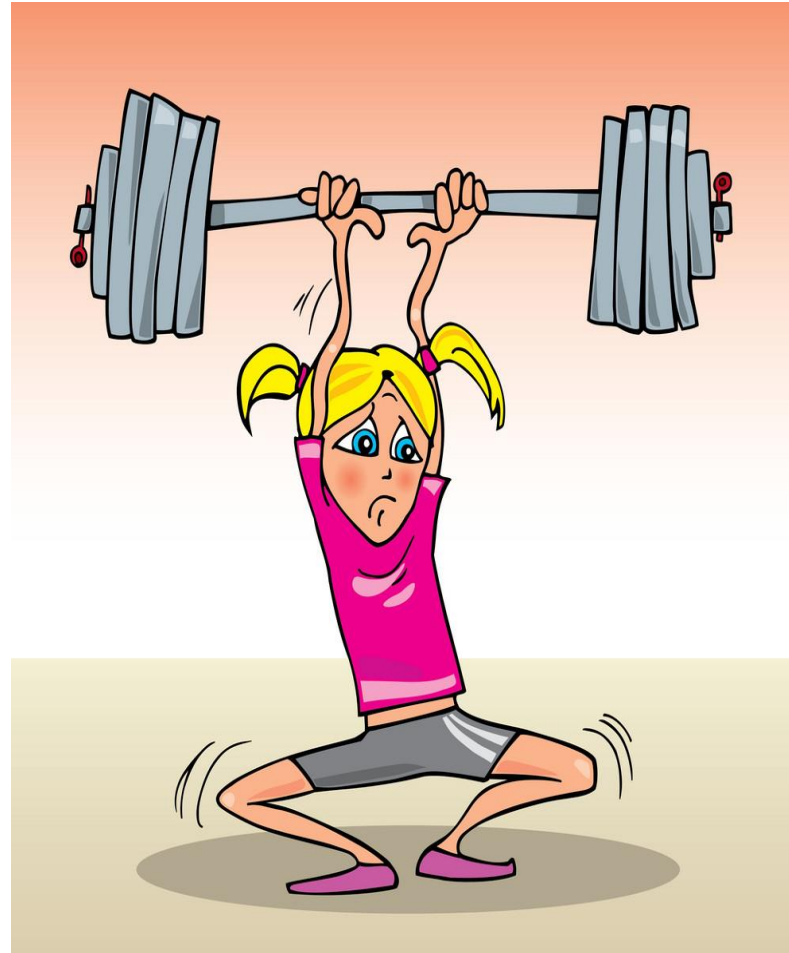
Set your target date so you can guide your work toward a successful completion

“A goal without a timeline is just a dream.”

How to Develop GRIT

- **R - Build Resilience**

- Resilience is the ability to withstand adversity and bounce back from difficult life events.
- Being resilient does not mean that we don't experience stress, emotional upheaval, and suffering. But demonstrating resilience includes working through emotional pain and suffering.
- Resilient people do experience stress, setbacks, and difficult emotions, but they tap into their strengths and seek help from support systems to overcome challenges and work through problems. Resilience empowers them to accept and adapt to a situation and move forward.



How to Develop GRIT

- **I - Take Initiative**
 - It demonstrates a sense of self-drive, self-awareness, insight and personal motivation.
 - Some answers will come to you easily, but there are those you must find.
 - Seize every opportunity to improve yourself.
 - Don't just look the part but play the role.
 - * Take a hands-on approach.



How to Develop Grit

- **T - Together** we can
 - Giving others the opportunity to participate in your journey takes tenacity.
 - The possibility of a team goes beyond my ability.
 - Proves that you are not just able to win in the present, but to overcome challenges of the future (maturity).
 - Team work builds respect and tolerance as it fosters sharing, solidarity and support.



Grit

- Never stop until you reach your goal.
- “Remember how far you’ve come, not just how far you have to go. You are not where you want to be, but neither are you where you used to be. Be grateful for your achievements”

— Rick Warren

- The race is not for the swift, or the battle for the strong. But for those who endures.
- “Grit is having the courage to push through, no matter what the obstacles are, because it’s worth it.” — Chris Morris





KEEP GOING

YOU *CAN* DO THIS!

REFERENCES

- Feldman, C. (2021). What is grit, and why is it important? New Harbinger Publications, <https://www.newharbinger.com/blog/self-help/what-is-grit-and-why-is-it-important/>