How to Find the GRIT to Accomplish Your Goals

How Gritty are you?

Add the two scores together.  1=Not at all Gritty  10=Extremely Gritty

<table>
<thead>
<tr>
<th>How well does each statement sound like you:</th>
<th>Not like me at all</th>
<th>Not much like me</th>
<th>Somewhat like me</th>
<th>Mostly like me</th>
<th>Very much like me</th>
</tr>
</thead>
<tbody>
<tr>
<td>Setbacks don’t discourage me. I don’t give up easily.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I am a hard worker.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I finish whatever I begin.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I am diligent. I never give up.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Average score from above

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</thead>
<tbody>
<tr>
<td>New ideas and projects sometimes distract me from previous ones.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I have been obsessed with a certain idea or project for a short time but later lost interest.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I often set a goal but later choose to pursue a different one.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I have difficulty maintaining my focus on projects that take more than a few months to complete.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
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Average score from above

Develop the Traits of a Gritty Person

Make some notes for yourself to remind you what you need to do to have each trait.

1. Courage

2. Conscientiousness

3. Perseverance

4. Resilience

5. Passion
**Techniques to Build Resilience**

Make a note of how you might use each one of these techniques.

1. Grow your endurance through Practice

2. Chunk out hard tasks

3. Reward yourself for milestones

4. Use Mantras to calm yourself when you feel uncomfortable

5. Focus only on what you think, not others

6. Smile through the toughest parts

7. Find ways to encourage yourself

8. Use Focused Breathing to remove anxiety you might be feeling

9. Visualize the success you want

**References for More Information:**

Duckworth and GRIT - angeladuckworth.com and TEDTalk, “Grit: The power of passion and persistence”, TED Talks Education

Dweck’s Mindset - mindsetonline.com/whatisit/about

The Power of Smiling - ted.com/talks/ron_gutman_the_hidden_power_of_smiling

Zolli and Healy, Resilience: Why Things Bounce Back
Andrew Zolli and Ann Marie Healy, Simon & Schuster; Reprint edition (July 9, 2013)