HOW TO FIND THE GRIT TO ACCOMPLISH YOUR GOALS

Kim Saxton
Charlotte Westerhaus-Renfrow
Mindset = Success
Mindset + GRIT = Success
WHAT IS GRIT?
“Grit is sticking with your future day in, day out and not just for the week, not just for the month, but for years.”

Angela Duckworth
Founder and Scientific Director
Character Lab
Christopher H. Browne Distinguished Professor of Psychology, University of Pennsylvania
Author, “Grit: The Power of Passion and Perseverance
Why Do You Need Grit?

It Leads to Success!

- Graduation from West Point.
- National Spelling Bee.
- College GPA.
- Career Stability.
- Achievement in General.
HOW MUCH GRIT DO YOU HAVE?
1. Setbacks don’t discourage me. I don’t give up easily.
2. I am a hard worker.
3. I finish whatever I begin.
4. I am diligent. I never give up.
5. New ideas and projects sometimes distract me from previous ones.
6. I have been obsessed with a certain idea or project for a short time but later lost interest.
7. I often set a goal but later choose to pursue a different one.
8. I have difficulty maintaining my focus on projects that take more than a few months to complete.

Source: https://angeladuckworth.com/grit-scale/
5 Traits of Gritty People

- Courage
- Conscientiousness
- Perseverance
- Resilience
- Passion
Courage
Conscientiousness
Perseverance
Resilience

Often termed as ‘bounce-back’, resilience is the ‘grit’ we have to keep going when we face adversity or stress.
Passion
9 TECHNIQUES TO BUILD YOUR RESILIENCE
Technique #1: Grow Endurance by Practice
Technique #2: Chunk it Out
Technique #3: Reward Yourself at Milestones
Technique #4: Use Mantras
Technique #5: Forget the “Haters”

WHAT OTHER PEOPLE THINK OF YOU IS NONE OF YOUR BUSINESS.

- Unknown
Technique #6: Smile!
Technique #7
Encourage Yourself

Like

GET IT GIRL

YOU GOT THIS
Technique #8: Focused Breathing
Technique #9: Visualize Success
Building Resilience Pays Back

✓ Feel Less Stress, Depression and Anxiety
✓ Get Less Fatigued
✓ Feel More Capable = Self-Efficacy
✓ Perform Better on the Job
✓ Attain More Personal Goals
Bottom Line?

YOU CAN DO IT!
Questions?
Thank You!

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