



CHALLENGE TO CHANGE

GRIT is having the ability to work towards a goal even when things get hard. Having grit is a lot like having resiliency, which is the ability to bounce back and move forward with tools. The difference between the two is that grit gives us direction for resiliency.

Use this worksheet to develop your own GRIT plan!



G in GRIT stands for Goal. Identify one of your goals. It can be a big one or a small one.



R in GRIT stands for Reward. We have goals because they give us a reward at the end. This reward can be something tangible, something we can touch or hold, or it can even be a feeling/emotion we want to feel. What are some rewards you enjoy?



I in GRIT stands for Interference. There will likely be something that makes it difficult to reach your goal: for example, your own negative self-talk or lack of support from your peers. Maybe interference comes from external factors like weather, resources, or illness. What challenges might interfere with you reaching your goal?



T in GRIT stands for Tool. When a challenge interferes with reaching your goal, what is a tool or strategy you can use to be "gritty" and overcome this challenge? Ex. Breathing exercise, mudras, mantras, yoga poses, etc.

