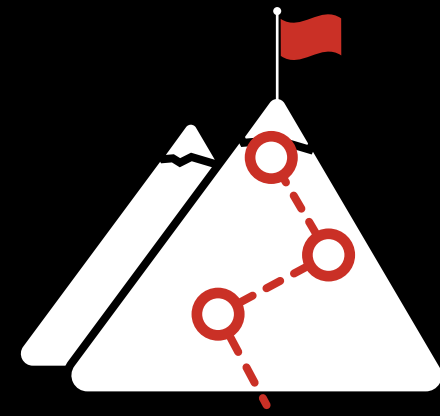


# Forging Unstoppable Grit

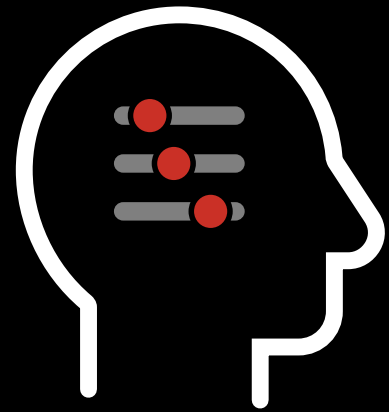
# Today's Gameplan

- 1 The Grit to Persevere
- 2 The Grit to Control Your Thoughts
- 3 The Grit to Be At Your Best When You're At Your Worst
- 4 The Grit to Master Fear
- 5 The Grit to Recover

# The Six Levels of Grit



**1. Perseverance**



**2. Thought Control**



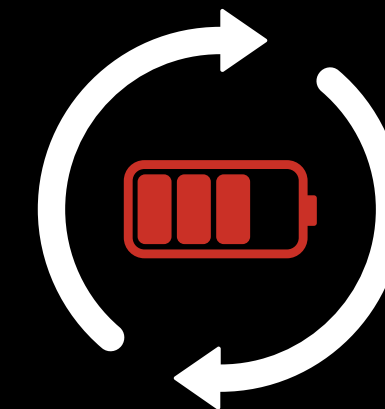
**3. Be your Best When  
At Your Worst**



**4. Train Your Weakness**



**5. Master Fear**



**6. Recovery**

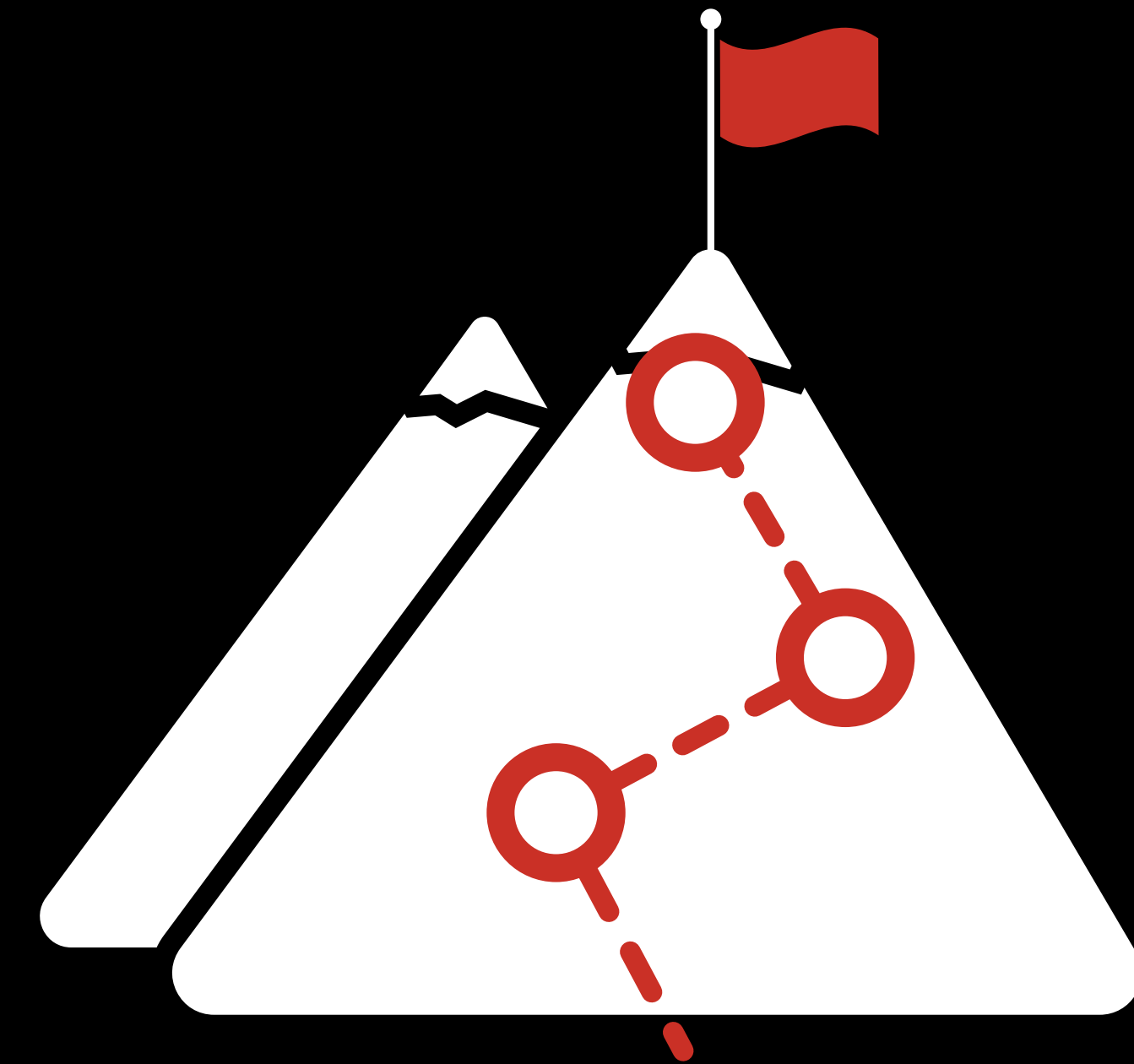
\* In the beginning, physical trumps mental

\*\* 1, 2, 6 - Mandatory

# The Six Levels of Grit

1

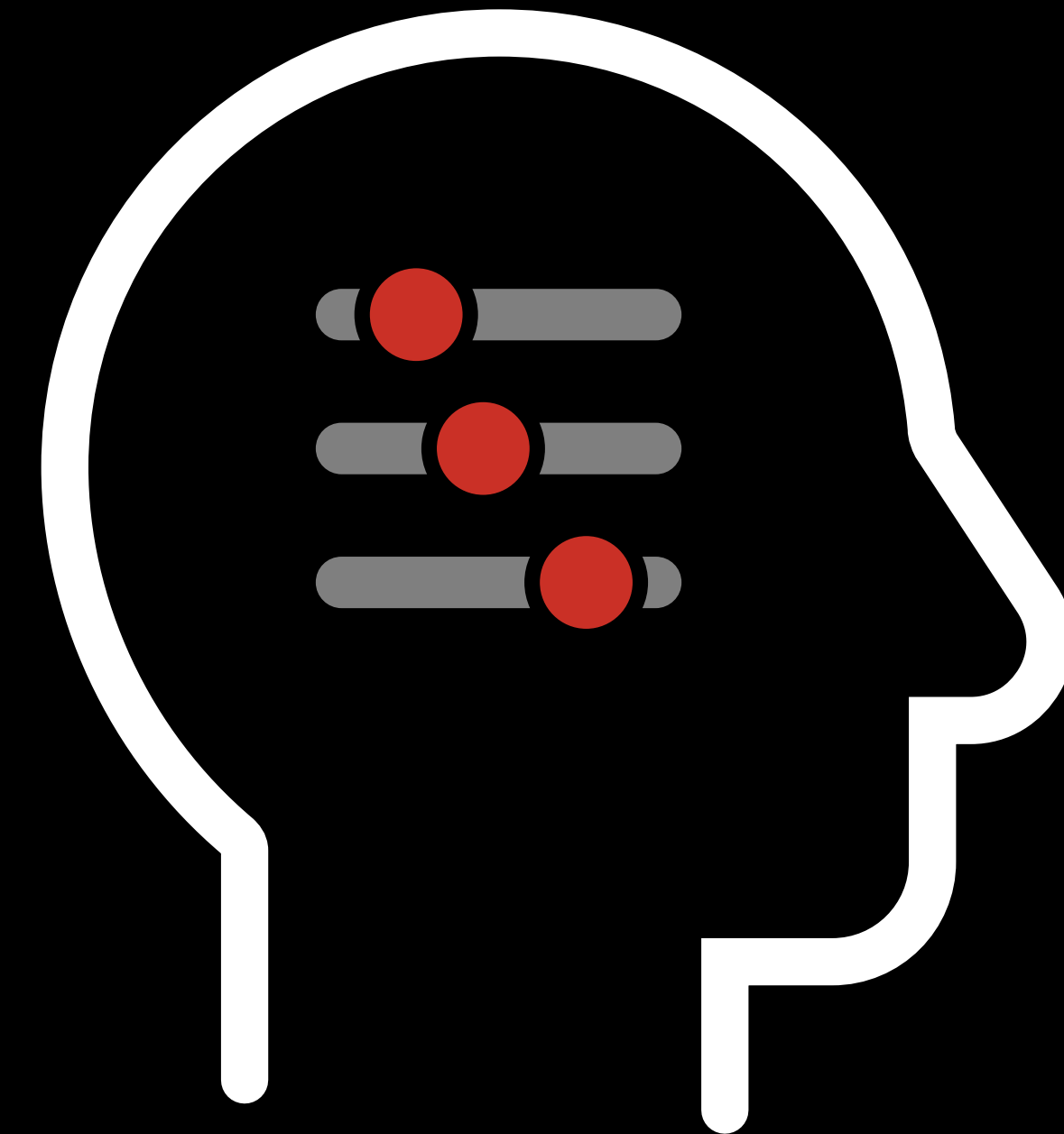
**The Grit to Persevere**



# The Six Levels of Grit

2

**The Grit to Control  
Your Thoughts**



# The Six Levels of Grit



3

**The Grit to Be at Your Best  
When You're at Your Worst**



# The Six Levels of Grit

4

**The Grit to  
Train Your Weakness**



# The Six Levels of Grit

5

**The Grit to  
Master Fear**

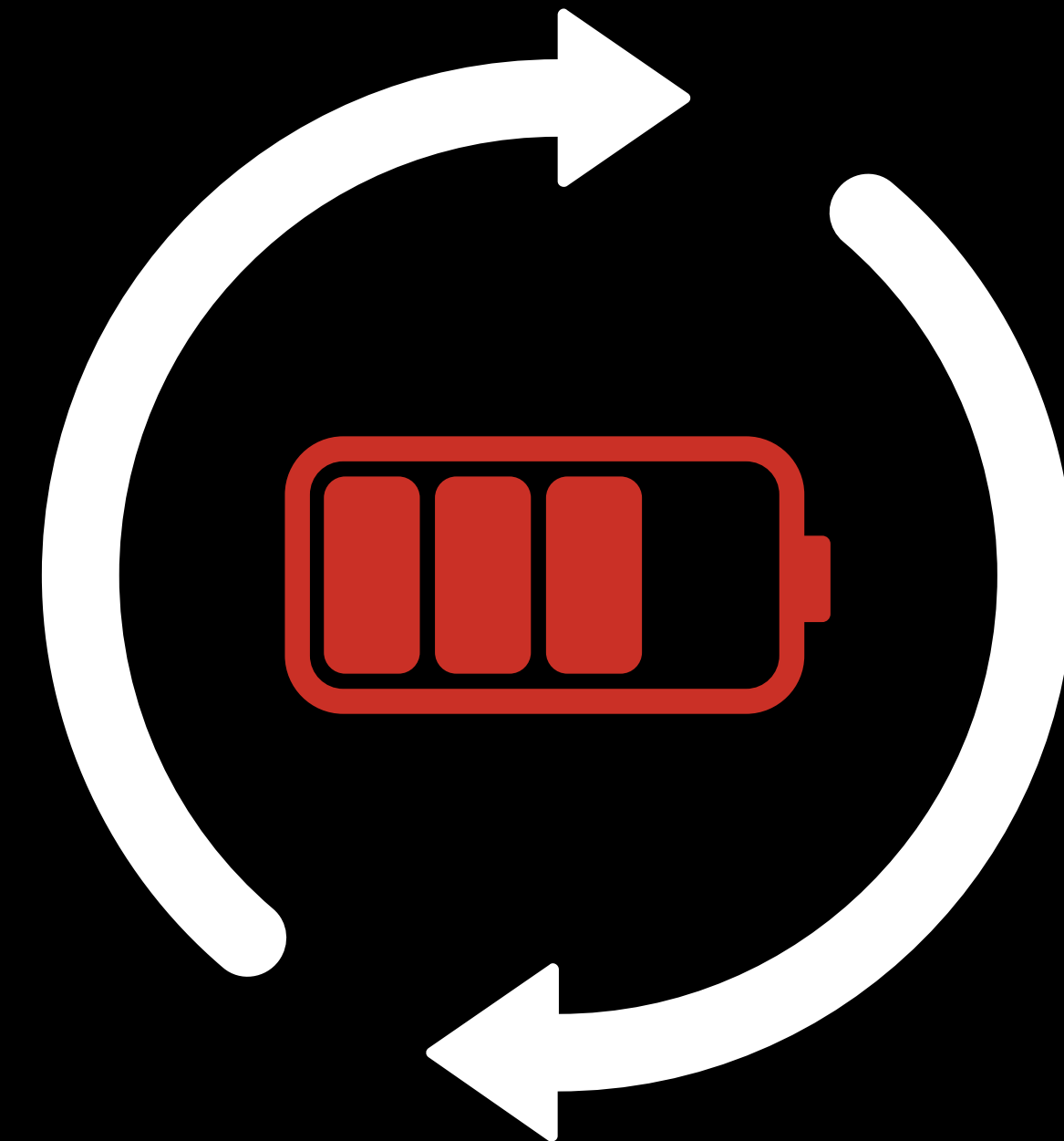




# The Six Levels of Grit

6

**The Grit to Recover**





# How Else Can We Deploy the Six Kinds of Grit?



# What We've Covered

- 1 The Grit to Persevere
- 2 The Grit to Control Your Thoughts
- 3 The Grit to Be At Your Best When You're At Your Worst
- 4 The Grit to Master Fear
- 5 The Grit to Recover

## Exercise:

# Grit Growth

- 1 Take the Angela Duckworth Grit Scale
- 2 Pick One of the Six Forms of Grit
- 3 Schedule Time to Train It Onto Your Calendar
- 4 Let us know:
  - a. Which Form of Grit
  - b. How You're Training It
  - c. When You're Training It



Download Workbook  
to Get Started