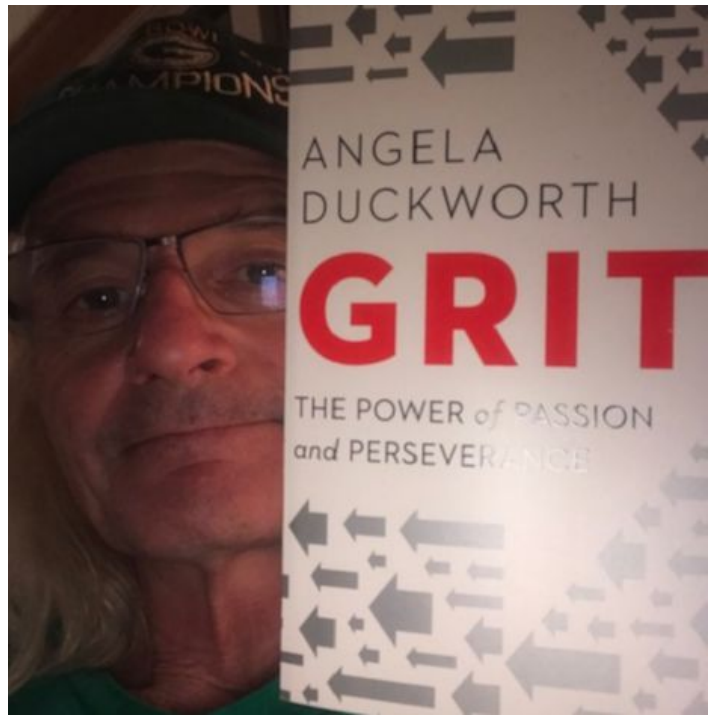


WHO IS YOUR GRIT HERO?



What is GRIT?

- **Firmness of Character:** the quality of being steady or securely and immovably fixed in place.
- **Indomitable spirit:** a person's strength comes from within.
- **Perseverance:** persistence in doing something despite difficulty or delay in achieving success.
- **Passion:** a strong feeling of enthusiasm or excitement for something or about doing something.

What is Resiliency?

- The ability to bounce back from adversity
- The ability to recover quickly
- Strong character is developed through experience and trial

How can we create GRIT in ourselves?

- Establish and maintain positive relationships.
- Find your passion- music, sports, academics, etc.
- Balance your expectations with support for family, friends, teachers
- Establish goals and habits that are specific and measurable.
- Cultivate gratitude. Being grateful helps develop a positive and optimistic mind-set.

The GRIT with this acronym!

G = Give it your all

R = Redo if necessary

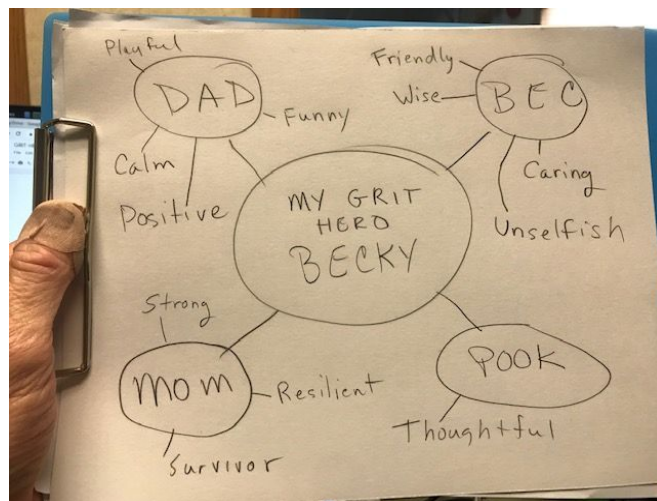
I = Ignore giving up

T = Take time to do it right

When we struggle, we should never give up! Let's identified someone in our life who has taught you about GRIT!

For this assignment let's pick your GRIT heroes.

1. Pick 1 main "My Grit Hero" - a trusted adult or friend who has been a positive influence or mentor in your life.
2. List 2-3 reasons why they are your "Grit Hero"
3. Then pick 2-3 other people who have been a positive influence on your life and give 2-3 reasons why have been a positive influence on your life.
4. Draw a diagram like the example.
5. **Save it in your Google Drive - Call it GRIT_Hero**



List of Characteristics - you can use this list or other characteristics.

Active	Curious	Kind
Admirable	Dedicated	Lively
Adventurous	Easygoing	Loving
Agreeable	Educated	Loyal
Amiable	Enthusiastic	Neat
Amusing	Ethical	Nice
Appreciative	Exciting	Optimistic
Athletic	Extraordinary	Organized
Authentic	Fair	Passionate
Benevolent	Firm	Patient
Brave	Focused	Peaceful
Bright	Forgiving	Playful
Brilliant	Friendly	Polite
Calm	Generous	Principled
Capable	Gentle	Reliable
Caring	Good-natured	Respectful
Charming	Grateful	Responsible
Cheerful	Happy	Self-disciplined
Clean	Hardworking	Selfless
Clear-headed	Helpful	Sincere
Clever	Heroic	Skillful
Compassionate	Honest	Strong
Confident	Hopeful	Sweet
Considerate	Humble	Thoughtful
Cooperative	Innocent	Trustworthy
Courageous	Intelligent	Understanding
Courteous	Inventive	Unselfish
Creative	Joyful	Wise

