

# Building Resilience - Mindset

*Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.*

## Developing Grit

Grit is passion and perseverance for long-term and meaningful goals. It builds and supports determination. When you are determined, you won't let anything stand in your way, obstacles become new opportunities, and you will begin to seek your own approval over other's.

### Instructions:

For best results, read through the entire challenge checklist before you begin, and then pencil in each item on your ALD planner for the month. Put a check by each action as you complete them.

**Materials you will need:** Pencil and paper or journal or your phone's notepad. If you can, print this sheet and add it to your ALD Action Planner.

**Goal:** Your goal is to develop and demonstrate Grit. Complete this within 5 days.

**Start date** \_\_\_\_\_

**Completion date** \_\_\_\_\_

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|--------------------------|--|---|
| <input type="checkbox"/> | <b>1. Understand Grit</b>                | <b>Action:</b> Watch Angela Duckworth's <u>video Grit: the power of passion and perseverance.</u>                                     |
| <input type="checkbox"/> | <b>2. Check Your Grit</b>                | <b>Action:</b> Take this <u>Grit assessment</u> , provided by the Angela Duckworth  |
| <input type="checkbox"/> | <b>3. Learn how to develop your Grit</b> | <b>Action:</b> Read about <u>expert practices</u> and view the <u>video</u> .   |
| <input type="checkbox"/> | <b>4. Practice "Grit"</b>                | <b>Action:</b> Choose something you do every day (cook, exercise, clean, etc.) and use expert practice to do it better. Get feedback. |
| <input type="checkbox"/> | <b>5. Reflect of Lessons Learned</b>     | <b>Action:</b> Journal, grit impacts mindset by...?   |