



Growing Your Resilience and True Grit



Objectives

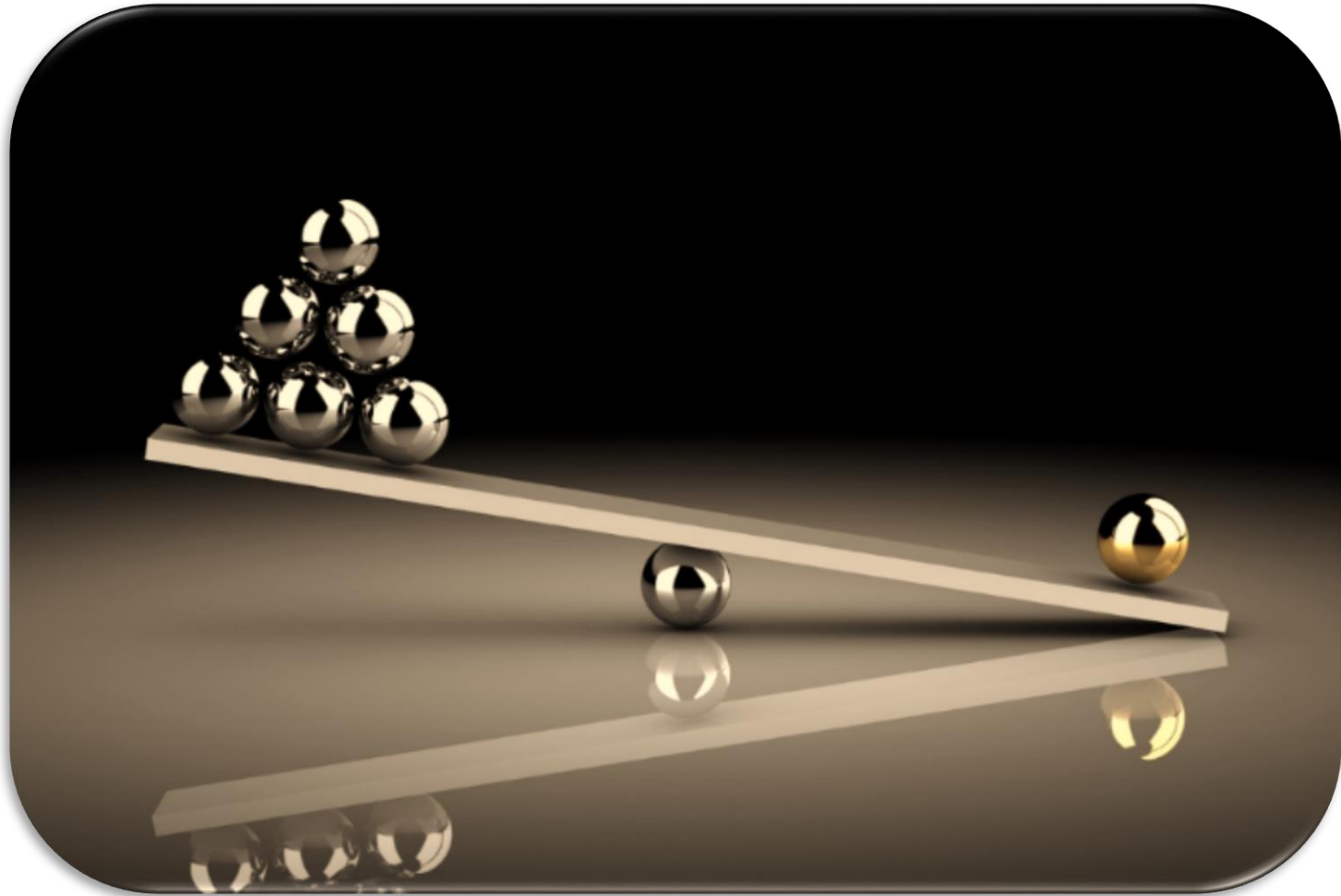
- Define resilience versus grit.
- Name characteristics of resilient and “gritty” people.
- Discuss the benefits of building resilience and grit.
- Identify ways to build these skills.



Resilience

- Adapting to life's misfortunes and setbacks.
- Learning from past mistakes or failures.

Resilience



(Center on the Developing Child Harvard University, 2017)



Grit

- “Firmness of character; indomitable spirit”
- “Perseverance and passion for long-term goals”
- Commitment

Grit Factor

- Talent x effort = skill
- Skill x effort = achievement

What does that mean for you?

- You don't have to be the smartest person in the room or for the job
- IQ or test scores do not pre-define accomplishment

Characteristics of Resilient and “Gritty” People

Resilience

- Positive outlook
- Demonstrate self-regulation
- Set solid, realistic goals
- Desire to reach goals
- Excellent communication and problem solving skills
- Empathetic
- Compassionate
- Involved in caring and supportive relationships

Grit

- Courageous
- Conscientious
- Able to follow through
- Strive for excellence vs. perfection
- Show self-control
- Ability to complete tasks—no matter what!
- Perseverance

Resilience Versus Grit



Resilience = Optimism, adaptation, and learning when times are challenging or when you have failed at something



Grit = the drive that keeps you on a difficult task over a sustained period of time.

Why Build Resilience and Grit?

Benefits include:

- Assists with managing stress
- Builds self-confidence
- Increases self-efficacy
- Helps us to be more flexible
- Helps us to develop “Staying power”
- Helps us to learn tolerance for discomfort
- Helps us reach long-term goals
- May thwart some mental illnesses

Growing Your Resilience and True Grit

Building Resilience

- Connect with supportive people
- Become more mindful
- Thought awareness—journaling
- Develop flexible thinking patterns
- Maintain a positive outlook
- Put things into perspective
- Take care of yourself



Growing Your Resilience and True Grit

Building Grit

- Pursue what interests you
- Practice
- Learn to accept change
- Focus on the end results



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Additional Resources

- 12 Ways to Raise a Competent, Confident Child With Grit
<https://www.psychologytoday.com/blog/peaceful-parents-happy-kids/201506/12-ways-raise-competent-confident-child-grit>
- Angela Duckworth Grit Scale <https://angeladuckworth.com/grit-scale/>
- Digging Deeper: How a Few Extra Moments Can Change Lives | Cody Coleman | TEDxStanford
<https://www.youtube.com/watch?v=stxJMsxxxtA&feature=youtu.be>
- Grit: The Power of Passion and Perseverance by Angela Duckworth
https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance
- Resiliency Quiz - How Resilient Are You? by Al Siebert, PhD
<http://resiliencyquiz.com/index.shtml>

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