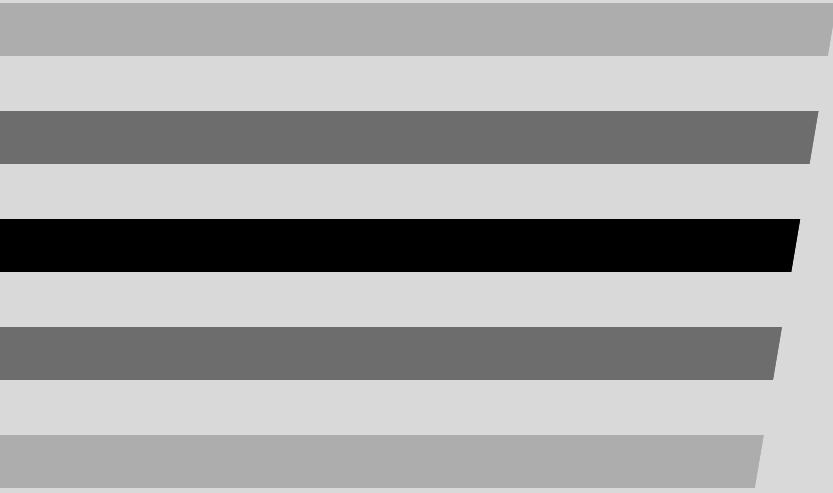


AURRERA LEARNING DESIGN



HOW TO GET UP AND

# GRIT

PARTICIPANT  
WORKBOOK



# TABLE OF CONTENTS

**1| REFLECTING ON SUCCESS**

**2| THE COMPONENTS OF GRIT**

**3| THE BENEFITS OF GRIT**

**4| HOW TO BUILD GRIT**

**5| ADDITIONAL RESOURCES**

Reflect on the following statement.

"Security is mostly a superstition.  
Life is a daring adventure or nothing."

---

I agree/disagree with this statement because...

---

Use this space to write down the perspectives that are different from your own.



On a scale of 1-5, rate which factors are the best predictors of success. (1 = unimportant, 5 = extremely important)

 Appearance Nationality Social skills Good health Intelligence University degree Luck Early riser Determination Wealth

---

Now write your own predictors of success.



# GRIT

Draw or write what grit looks like to you.



Write the names of people you know who you think have grit.

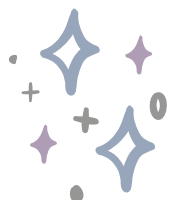


---

---

---

Briefly describe a stressful time or event in your life.  
What made it particularly difficult for you?



Match each person with their grit component.



Emir

COMMITMENT



Samantha

CONFIDENCE



Damian

COURAGE



Henry

CONSCIENTIOUSNESS



Leticia

CONTROL

The Benefits of Grit

Other Soft Skills  
I Would Like to Develop

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.

Blank rounded rectangular box for writing.





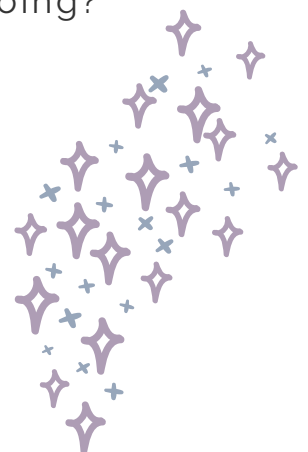
## REFLECT ON A PAST EXPERIENCE

Recall the example of the stressful time in your life that you wrote down earlier. How did you overcome this challenge?

Who did you ask for support?

How did you control your mood?

What advice or words of wisdom inspired you to keep going?



## PLAN FOR THE FUTURE

Identify one personal or professional goal you have for the future.

What is one activity that you can do every day to help you work towards your goal? When can you reserve time to do that activity?

What is one element of your environment that you can change to help you achieve your goal?

What gives you hope that you can achieve your goal?



# MY INGREDIENTS

People who support me

---

Words of wisdom

---

Problem -solving strategies

---

Activities that improve my mood

---

# NOTES



## EXPLORE

- Take the grit test:  
<https://angeladuckworth.com/grit-scale/>
- Read Angela Duckworth's book:  
"Grit: The Power of Passion and Perverseance"

