

pages  
**Grit**  
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## Grit: Mental toughness with a passionate focus!

What are you passionate about?

If you couldn't fail, what do you dream of achieving?




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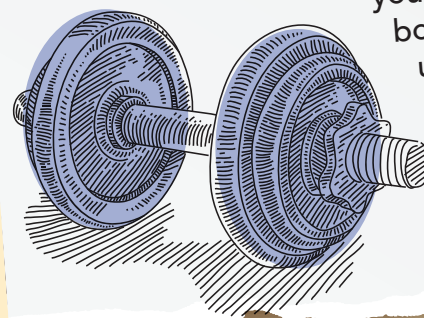
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### Grit is ...

Grit is a combination of persistence and resilience. Persistence means that you keep on trying, even when things get tough. So when you are persistent and resilient, if you get knocked down,

you are able to bounce back up and keep on trying. Remember that N.G.U. attitude?



# GRRR...

### What is resilience?

Resilience refers to your ability to recover quickly from difficulties and mentally tough situations. Being resilient doesn't mean that you don't feel the impact of the situation. It generally means that you have found a way of dealing with a challenge more quickly than others.

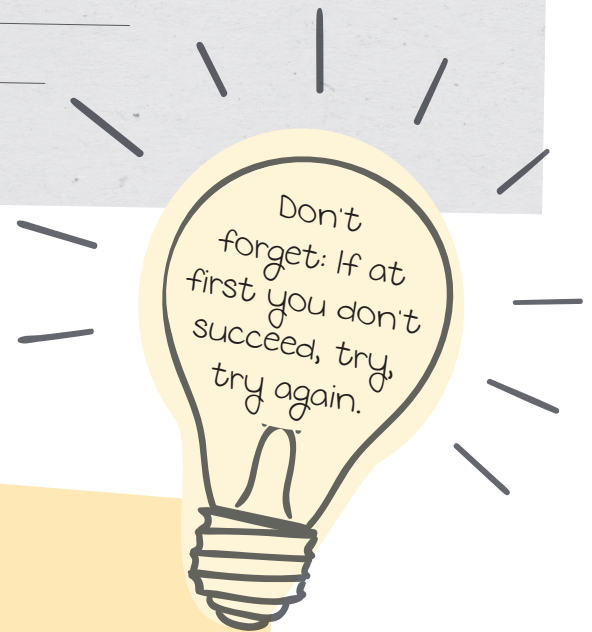
**Resilience + Persistence = GRIT**

# Why do we need GRIT?

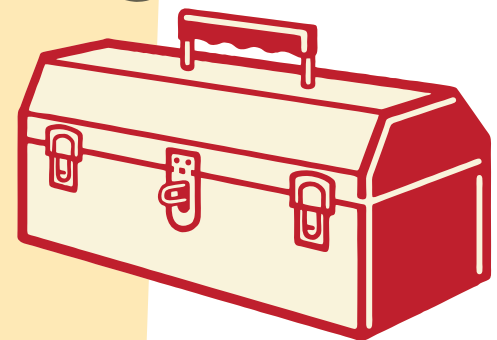
As we grow and change, many situations will challenge us, and we will need to show **GRIT** to overcome them. Consider a situation in your life where someone has shown resilience and persistence. What did you learn from them?



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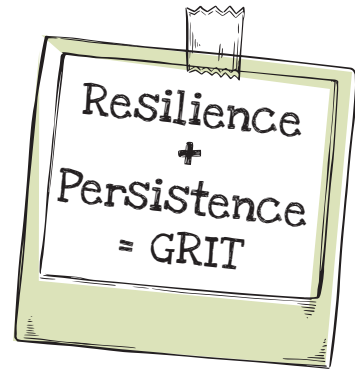
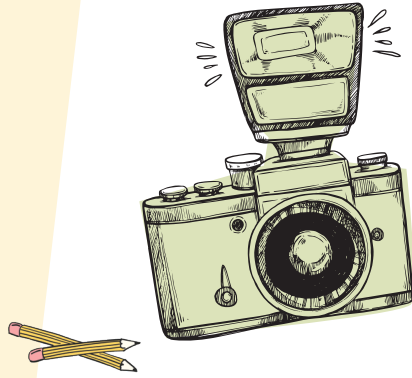


It is important to remember to be kind to yourself when you are developing Grit. It is just one tool in your 'toolbox of life skills' and you are also developing many other life skills as you move through secondary school - like tolerance, patience and positivity.



# Grit and the big picture

Many people throughout life will try to discover how much Grit you have. It may be your employer, your parents or your friends. Sometimes you may feel as though they are stretching you beyond your limits or are preventing you from achieving success, but often these are valuable lessons we only learn when we look back and reflect.



Looking back, what did you learn about your perseverance and resilience?

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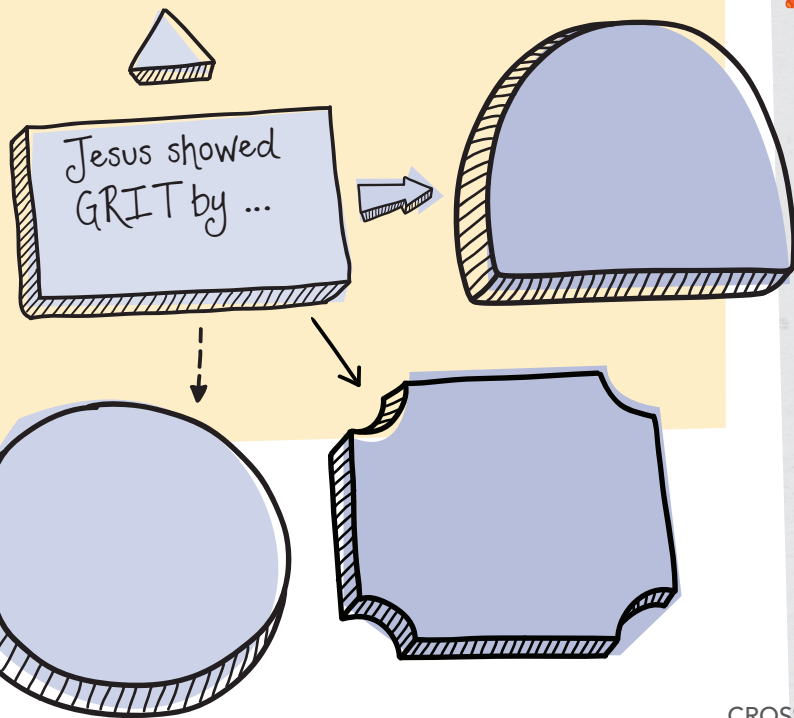
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# How did Jesus Show Grit?



Carrying the cross



# Who do you know that shows Grit?

Write the names of people in your life who have shown Grit. Explain how they have done this.

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# JOURNAL

Take your time to write your reflections on **Grit**. Do you need a dose of it?  
Can it help you achieve things now and/or in the future?  
What did you learn about Grit that can help you in life?

