



GRIT.

TOPIC 8 – MJR 24/7

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Learning Intention:

“Hey, why this lesson?”

We are going to learn about what the word “GRIT” really means and that it is a habit that CAN be learned.

Who has heard of this word before?



Have a think...
What's your dream?
What are you
passionate about?

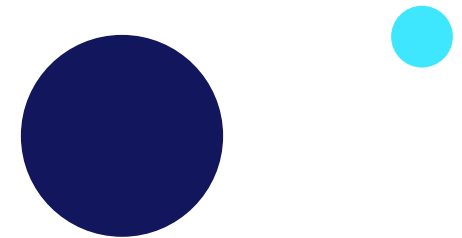
“What is one dream you hope to
achieve in your life?”

Write it in your booklet

Why? Why not?

Buzz with your peers.

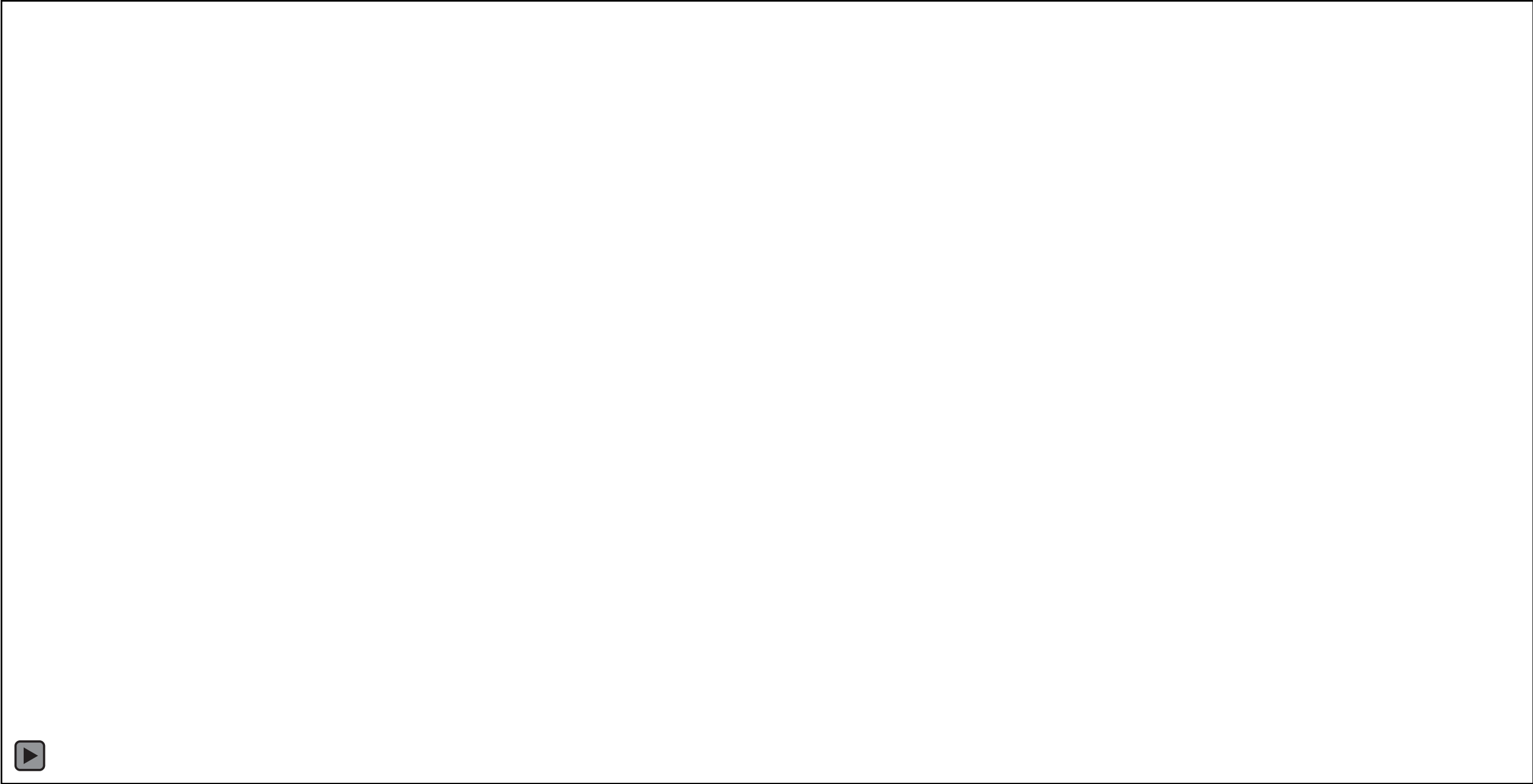
Would your dream be the same if
you knew that you couldn't **fail**?



GRIT is...

*"one characteristic that emerged as the best predictor of success. And it wasn't emotional intelligence, it wasn't good looks, physical health, it wasn't IQ. It was grit. Grit is **passion** and **perseverance** for very long-term goals. Grit is having **stamina**. Grit is **sticking with your future** day in day out, not just for the week, not just for the month, but for years. And working really hard to make that future a reality. Grit is **living life like it's a marathon, not a sprint**"*

Angela Duckworth, American academic, ex-teacher and psychologist



RESILIENCE = your ability to recover quickly from mentally tough situations.

PERSISTENCE = when you keep on trying despite it being challenging.



Why do we need GRIT?

Think of a situation in your life when someone has shown resilience and persistence. What did you learn from them?

Write it in your booklet.

Share with your peers.

GRIT and the big picture...



Valuable lessons are often learnt and you discover about how much GRIT you have when you face challenges.

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

Write down some dot points in your book.

Grace

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How did Jesus show GRIT?

He continually demonstrated perseverance, resilience and passion.

He was put on trial in front of Pontius Pilate.

Can you think of any other examples?

&

GRIT!

DEALING WITH THE DIFFICULT THINGS

Take Away

Do you need a dose of GRIT?

Can it help you achieve things now and/or in the future?

How is GRIT relevant to your life?

Buzz with your friends or reflect in your booklet.

J.K. Rowling's **GRIT**

