



Persevere & Stay Gritty: Guided Notes

Grit: Introduction

What is one big goal that you set and met? Something you wanted and worked for? _____

What were some roadblocks or setbacks you hit on the way to reaching your goal? _____

What kept you from giving up? _____

Do you think that you give up a lot? _____

What makes you say that? _____

Do you have big goals, goals that you have held onto for a while? _____

If so, what are they? _____

Do you think you are willing to put in the work to achieve them? _____

Why or why not? _____

Grit: What It Is

Video. Angela Duckworth defines grit as perseverance and _____ for a long-term, meaningful _____.

Perseverance means _____ hard, finishing what you start even if you encounter _____. Passion is having an internal commitment to something that doesn't _____.

Slide. Merriam Webster says grit is "unyielding _____ in the face of hardship and _____."

Grit: Who's Got It?

How gritty is Manuel?	<i>Not at all</i>	<i>Sort of</i>	<i>Pretty</i>	<i>Super gritty</i>
How gritty is Soule?	<i>Not at all</i>	<i>Sort of</i>	<i>Pretty</i>	<i>Super gritty</i>
How gritty is Soule?	<i>Not at all</i>	<i>Sort of</i>	<i>Pretty</i>	<i>Super gritty</i>
How gritty is Liu?	<i>Not at all</i>	<i>Sort of</i>	<i>Pretty</i>	<i>Super gritty</i>
How gritty is Sienna?	<i>Not at all</i>	<i>Sort of</i>	<i>Pretty</i>	<i>Super gritty</i>

Listen to "The Climb."

- What does the song say about grit? _____
- What lyric stood out? _____

Based on all of what we have discussed, how would you define grit?

Grit: Why It Matters

Grit is the same as talent or IQ.	TRUE	FALSE
Grit and talent are unrelated	TRUE	FALSE
Grit predicts high school graduation	TRUE	FALSE
Grit predicts winning the spelling bee	TRUE	FALSE
Talent is enough to achieve your goals	TRUE	FALSE
Achieving goals takes grit	TRUE	FALSE
What matters more for success?	IQ	GRIT
What matters more for success?	SOCIAL SKILLS	GRIT

Video. Talent x Effort = _____

Skills x Effort = _____

Name: _____

Effort counts _____. We can have all the potential in the world, but if we don't _____ through our struggles and strive to get _____, our talent will be _____

Grit: Getting Grittier

Grit is _____ over _____

How does the music video show that? _____

How do the lyrics of the song show that? _____

Based on the song, how could you get grittier? _____

Video. Grit matters more for success than good _____ or outstanding _____. In the marshmallow experiment, kids were put in front of one marshmallow and told that if they waited _____ minutes they would get another.

Marshmallow Video. What did you notice? _____

Video. Kids who could wait, years later were more healthy, had higher _____ scores, and were more _____ competent.

Angela Duckworth found that _____, passion, and perseverance were better indicators of success than _____ or _____.

We can build grit. One way is by practicing long enough to see actual _____. We can also _____

the lives of our role models. You can grow _____ like any other muscle in your body. Aristotle wrote, "We are what we repeatedly _____. Excellence then is not an act but a _____."

Grit: Your Turn

Choose one extension activity.

1. Create a grit timeline showing moments in your life where you've shown perseverance and grit. The moments can be big or small. Include at least five moments.
2. Design a poster for grit. Include a definition of grit in your own words, visuals that show grit, and one quote or saying.
3. Letter to your past self. Write a letter to a past you explaining why it matters that you kept going on something hard. The letter needs to include a greeting, closing, description of the event, and why it mattered that you kept on.

PREVIEW