LETS GET DOWN TO THE NITTY G GRITTY

Brought to you by Dillan Christensen and Zachary McLaughlin
INTRODUCTIONS

• Who we are
• Our goals for this session
  • LETS BEG IN!
DEBRIEF

• What challenged you most in this activity?
• Do you think you would have been more successful in a group or as an individual? Why?
• Did you learn something new about yourself or how you work in a team?
• How can this seemingly impossible scenario relate to how you perform as an individual in your everyday life?
• What is your definition of grit and how does it apply to this activity?
• What drives your passions and keeps you going toward them?
WHAT IS GRIT?

• There are many definitions out there that include, “great amounts of courage” “A strong spirit” “Unyielding willpower”

• However, we have an altered definition of our own!

• “Grit is the immense motivation & passion to pursue your long term goals despite persisting hardships/failures”
COMPONENTS OF GRIT

• Forbes magazine did an article on grit, and came up with a really good analysis of what grit consists of.

• Grit can be broken down into 5 different categories:
  • 1.) Courage
  • 2.) Conscientiousness
  • 3.) Endurance
  • 4.) Resilience
  • 5.) Excellence

• http://www.forbes.com/sites/margaretperlis/2013/10/29/5-characteristics-of-grit-what-it-is-why-you-need-it-and-do-you-have-it/#73e71371f764
HOW DOES ALL OF THIS RELATE TO MY LIFE?

• An excellent question! Thoughts?
  • Where do we see grit in:
    • The workplace?
      • In school?
    • In our relationships?
      • Other places?
WAYS TO BE “G RITTIER”

• This all ties back to motivation, however, there are ways that have shown how to be not only more motivated in the long run, but motivated with purpose!
• 1.) Try something that scares you everyday
• 2.) Go for the gold!
• 3.) Practice! 10,000 hours worth to be exact
• 4.) Fail... then get back up and keep moving
• 5.) Be excellent; not perfect
QUESTIONS?

• Please fill out the evaluations and thank you all for coming!!!
THANK YOU
RANDOM CITIZEN