



# LETS GET DOWN TO THE NITTY GRITTY

Brought to you by Dillan Christensen and Zachary McLaughlin

# INTRODUCTIONS

- Who we are
- Our goals for this session
  - LETS BEGIN!

# 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 "GRITTIER"

- 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**

METROMAN MUSEUM

**RANDOM CITIZEN**