GRIT Overview for Students

Student Notes

As you watch the video, fill in the blanks. Use the “My Notes” section in the margin to take notes on things that you find personally meaningful.

Part 1: What is GRIT?

✓ Grit is about your ________________ to dig deep.
✓ The ones who have the most ________________ lives are the ones who have had to demonstrate the ________________ grit to achieve the most exciting and ________________ goals.
✓ 98% of employers pick that person, the one with ________________ grit.
✓ Grit is a way to turn your ________________ to your advantages.
✓ We asked employers, how many normal employees would you trade for one with [exceptional] grit? The average answer is ____________ and for leaders it was ____________. They’re saying they would trade an entire team of people... just to have one with that kind of grit.

List 3-5 things that GRIT predicts here:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________

✓ Grit helps you acquire, ________________, and ________________ those skills that help you succeed in school.

Part 2: Guts of GRIT (beginning around 7:11)

✓ There are ________________ components of grit.
✓ G stands for ________________.
✓ Growth is about [how likely you are] to go seek fresh ideas, perspectives, inputs and ideas to help you ________________ at that thing.
The second dimension is something called ____________________.

Resilience is not just about bouncing back from ____________________; resilience is about being able to use ____________________.

The third component of grit is something we called ____________________.

So it's about going about going after it the best way, not the ____________________ way; that's what instinct is really all about.

The final component of your grit is ____________________.

Tenacity is that perseverance, persistence, never say ____________________ never say ____________________ dimension of grit.

____________________, resilience, instinct, and ____________________ are the key elements of your grit. As you grow those, you become grittier in everything you do.

The most successful people I know are not only gritty, but they are also ____________________.

Part 3: Quality of Grit

When we ask people all over the world this question, what matters more, the quality or quantity of grit, they say ____________________.

Dumb grit v. Smart grit

____________________ grit is about going over the same goals in the same ways without getting any effect.

Smart grit is doing what climbers do: re-____________________ and re-____________________ how you go after your goals.

Bad grit v. Good grit

This one’s about the ____________________ you have on the ____________________ around you.

Even when you unintentionally have a negative ____________________ on the people around you, that’s bad grit.

Good grit is when you go after your goals in ways that ____________________ the people around you.
GRIT Overview for Students

Teacher’s Guide

Part 1: What is GRIT?

✓ Grit is about your capacity to dig deep.
✓ The ones who have the most fulfilling lives are the ones who have had to demonstrate the greatest grit to achieve the most exciting and rewarding goals.
✓ 98% of employers pick that person, the one with exceptional grit.
✓ Grit is a way to turn your disadvantages to your advantages.
✓ We asked employers, how many normal employees would you trade for one with [exceptional] grit? The average answer is 7.3 and for leaders it was 8.4. They’re saying they would trade an entire team of people...just to have one with that kind of grit.

List 3-5 things that GRIT predicts here:

Happier more optimistic and better quality of life, Level of employment in the job, how big of goals you set for self and likelihood of achieving them, how likely to improve station of life, health and energy

✓ Grit helps you acquire, master, and apply those skills that help you succeed in school.

Part 2: Guts of GRIT (beginning around 7:11)

✓ There are four components of grit.
✓ G stands for growth.
✓ Growth is about [how likely you are] to go seek fresh ideas, perspectives, inputs and ideas to help you succeed at that thing.
✓ The second dimension is something called resilience.
✓ Resilience is not just about bouncing back from adversity; resilience is about being able to use adversity.
✓ The third component of grit is something we called instinct.
✓ So it’s about going about going after it the best way, not the hardest way; that’s what instinct is really all about.
✓ The final component of your grit is tenacity.
✓ Tenacity is that perseverance, persistence, never say die never say quit dimension of grit.
✓ Growth, resilience, instinct, and tenacity are the key elements of your grit. As you grow those, you become grittier in everything you do.
✓ The most successful people I know are not only gritty, but they are also robust.

Part 3: Quality of Grit
✓ When we ask people all over the world this question, what matters more, the quality or quantity of grit, they say quality.

**Dumb grit v. Smart grit**
✓ Dumb grit is about going over the same goals in the same ways without getting any effect.

✓ Smart grit is doing what climbers do: re-assess and re-reroute how you go after your goals.

**Bad grit v. Good grit**
✓ This one’s about the effect you have on the people around you.
✓ Even when you unintentionally have a negative effect on the people around you, that’s bad grit.
✓ Good grit is when you go after your goals in ways that enhance the people around you.