



**grit**

**the positive attitude that  
helps you push through  
challenges and obstacles**

# **EFFORT**

**THE AMOUNT OF ENERGY AND  
TIME YOU PUT INTO AN  
ACTIVITY OR TASK**

# PERSEVERANCE

WORKING THROUGH CHALLENGES  
TO ACCOMPLISH A GOAL OR TO  
FINISH A TASK



# **RESILIENCY**

**GETTING THROUGH MOMENTS OF  
STRESS AND SADNESS AND ASKING  
FOR HELP WHEN I NEED IT**

# Growth

Learning from my mistakes and  
using my mistakes to help me in  
the future

# Determination

The "I can do it no  
matter what" attitude

# Grit

The positive attitude that helps  
you push through challenges  
and obstacles





# Effort

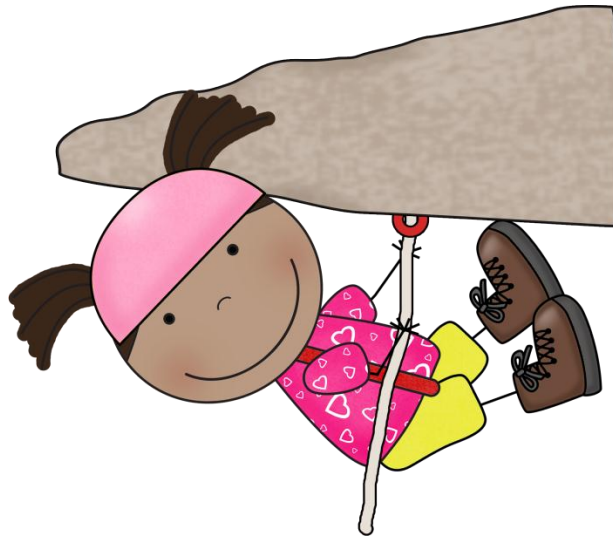
The amount of energy and time you put into an activity or task





# Perseverance

Working through challenges  
to accomplish a goal or to  
finish a task



# Resiliency

Getting through moments of stress and sadness and asking for help when I need it



# Growth

Learning from my mistakes  
and using my mistakes to  
help me in the future



# Determination

The "I can do it no matter what" attitude





# Grit

The positive attitude that helps  
you push through challenges  
and obstacles



# Effort

The amount of energy and  
time you put into an activity  
or task



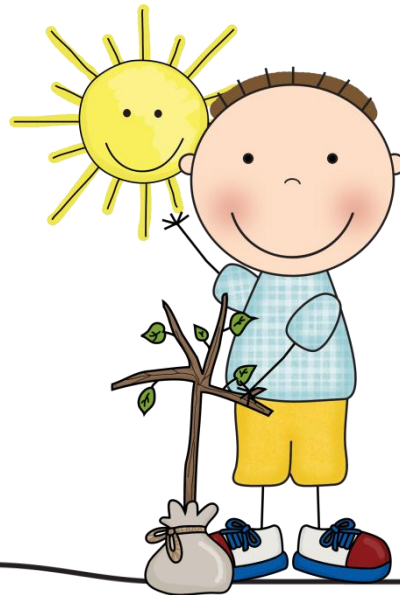
# Perseverance

Working through challenges  
to accomplish a goal or to  
finish a task



# Resiliency

Getting through moments of stress and sadness and asking for help when I need it





# Growth

Learning from my mistakes and  
using my mistakes to help me  
in the future



# Determination

The "I can do it no matter what" attitude

