

# 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



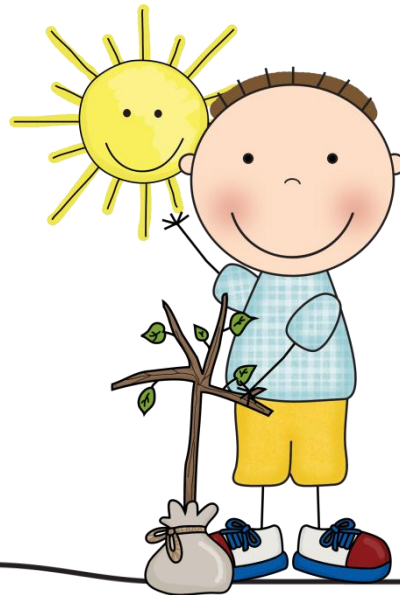
# Perseverance

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

