





GRIT

Blanca Méntida C2.2 MW



Grit is passion and perseverance for very long-term goals. Grit is living life like it's a marathon, not a sprint.

— ANGELA LEE DUCKWORTH.
Psychologist. |





IN OTHER WORDS..

PERSEVERANCE

Don't believe that failure is a permanent condition. Be willing to fail, be wrong, start over again with lessons learned.

BRAVERY

The quality or state of having or showing mental or moral strength to face danger, fear, or difficulty

DETERMINATION

The quality of being resolute; firmness of purpose.

STAMINA

The moral or emotional strength to continue with a difficult process, effort, etc. : **STAYING POWER**

BACKBONE

COURAGE

FORTITUDE

TENACITY

RESOLUTION





IN OTHER WORDS.. G.R.I.T.

GUTS

Courage. Determination. Toughness
of carácter. Pluck, sprit, boldness.
Fortitude/backbone. Overcaming fear

INTENSITY


Focus/concentration. Drive.
Fierceness. Determination.
Strength. Ardency/passion

RESILIENCE

Bounce back. Overcoming adversity
and hardship. Recover and
reinvigorate. Hardiness


TENACITY

Perseverance/persitence. Tireless
purpose. resolution/Commitment
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GRIT IS YOUR PREDICTOR OF SUCESS

BE GRTTY ABOUT GETTING YOURSELF GRITTIER

