



## Effort not talent: How 'gritty' are you?

**Grit isn't talent. Grit isn't luck. Grit isn't how much you want something.**

Instead, grit is about having a goal you care about so much that it gives meaning to almost everything you do.

And grit is holding on to that goal. Even when you fall down. Even when you mess up. Even when progress toward that goal is slow.

"Grit" is sometimes called perseverance. It is working passionately towards a goal, continuing even if you suffer setbacks.

### The keys to GRIT

- ✓ the commitment to finish what you start;
- ✓ to want to improve and succeed;
- ✓ and to stick with the hard work – even when it's boring or uncomfortable.

### Family GRIT challenge!

#### THE 'HARD THING' RULE

1. Each member of the family has to do something hard.
2. You must finish what you start and you can't change once you've picked it.
3. No one gets to pick the hard thing for anyone else. You each get to choose your own challenge.



### Feel like giving up? Try these first...

- **Try for just 5 more minutes.** Set a timer and just try really hard for 5 minutes. Persist.
- **Break down big tasks into smaller and smaller parts.** Try just one part at a time.
- **Take a 30 minute break** from school work and then come back again.
- **Try re-focusing your attention**, take a deep breath, and start over.
- **Remove all distractions** – buzzing and dinging devices.
- **Tell yourself that every success starts with struggle.**
- **Find the purpose** in what you're doing and set a goal.

### WHAT'S YOUR GRIT SCORE?

Try this quick quiz to find out your score and compare with your family members

[Take the quiz >](#)



### When should I ask my teacher for help?

Sometimes we are **a bit too quick** to say, "I need help from the teacher". To grow GRIT we need to be okay with struggling a little. That's how we develop skills in learning how to be gritty.

**So, before asking the teacher, try these steps first.**

- **Slow down:** Read the question again. Really slowly.
- **Think back:** When did you last have to do something like this? Do you have some notes or instructions from last time? What did the teacher say?
- **I know:** What do you *already* know, or have in your textbook, that might be useful? What have you *already* learned that might help?
- **Ask a friend:** See if you can figure it out together.
- **Have a go:** Try it out. Make a start if you can. Even if it's wrong, making mistakes is good learning. You might find the right way in the process.

**If none of these help you, then definitely ask for help from your teacher!**

### The theory behind 'GRIT' - It's all about 'the zone of proximal development'

It sounds complicated, but it just means that when we're learning **we need to be working on things that are just within our reach to do – not too hard or too easy.**

It is supposed to be a challenge, but with grit, you can get there.