

# Get your **grit**

**per·se·ver·ance** /ˈpɜrsəˈvɪrəns/

persistence in doing something despite difficulty or delay in achieving success

**grit** /grɪt/

courage and resolve;  
strength of character



**RELATED  
ESSENTIAL SKILLS:**

Resilience,  
Embrace Mistakes,  
Resourcefulness,  
Sense of Wonder,  
Flexibility

**VIDEO:**

Grit and  
Perseverance

<http://tiny.cc/grit>



## Try It:

**BEFORE YOU BEGIN:**

- Think about how you feel about this topic, is it challenging for you? If it is, how can you use perseverance and grit to push through your challenges?

**WHILE YOU WORK:**

- Have you ever felt like giving up?
- What can you do when things get tough and you want to quit?
- What is challenging about this project?
- What are some strategies you can use when things get tough?

**WHEN YOU ARE DONE:**

- How do you feel now that you have completed the project?
- How do you feel about this topic now?

## Extend It:

For more inspiration and motivation watch this grit-filled video from Kid President:

A Pep Talk From Kid President: <https://youtu.be/l-gQLqv9f4o>

**IT'S A FACT.**

When Michael Jordan was in his sophomore year, he tried out for the varsity basketball team but was rejected by the coach for being too short! He was extremely disappointed but he accepted the rejection as a challenge and proceeded to improve his technique and playing style to overcome for his "lack".

[www.buzzle.com/articles/facts-about-michael-jordans-life.html](http://www.buzzle.com/articles/facts-about-michael-jordans-life.html)

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

— Michael Jordan .