GRIT: HOW TO BOUNCE BACK FROM ADVERSITY, CHALLENGE, AND FAILURE
if you can see it you can be it.
DO YOU BELIEVE THIS?

Mindset = Success
NEW PARADIGM

Mindset + GRIT = Success
WHAT IS GRIT?
Grit

The power of passion and perseverance
“GRIT IS STICKING WITH YOUR FUTURE DAY IN, DAY OUT AND NOT JUST FOR THE WEEK, NOT JUST FOR THE MONTH, BUT FOR YEARS.”

Angela Duckworth
Professor of Psychology, University of Pennsylvania
Author, “Grit: The Power of Passion and Perseverance
HOW MUCH GRIT DO YOU HAVE?
• Setbacks don’t discourage me. I don’t give up easily.
• I am a hard worker.
• I finish whatever I begin.
• I am diligent. I never give up.
ON THE OTHER HAND...
• New ideas and projects sometimes distract me from previous ones.

• I have been obsessed with a certain idea or project for a short time but later lost interest.

• I often set a goal but later choose to pursue a different one.

• I have difficulty maintaining my focus on projects that take more than a few months to complete.
WHY DO YOU NEED GRIT?

- Graduation from West Point.
- National Spelling Bee.
- College GPA.
- Career stability.
- Achievement in general.
5 TRAITS OF GRITTY PEOPLE

- Courage
- Conscientiousness
- Perseverance
- Resilience
- Passion
COURAGE
CONSCIENTIOUSNESS
PERSEVERANCE
RESILIENCE

Often termed as ‘bounce-back’, resilience is the ‘grit’ to keep going when we face adversity or stress.
TECHNIQUES TO BUILD YOUR RESILIENCE
TECHNIQUE #1: GROW ENDURANCE
TECHNIQUE #2: DIVIDE & CONQUER
TECHNIQUE #3: REWARD YOURSELF
TECHNIQUE
#4: USE MANTRAS
WHAT OTHER PEOPLE THINK OF YOU IS NONE OF YOUR BUSINESS.

TECHNIQUE #5: FORGET THE “HATERS”
TECHNIQUE

#6: SMILE!
TECHNIQUE #7: FOCUS BREATHING
TECHNIQUE
#8: VISUALIZE SUCCESS
BUILDING RESILIENCE PAYS BACK

✓ Feel less stress, depression and anxiety.
✓ Get less fatigued.
✓ Feel more capable = self-efficacy.
✓ Perform better on the job.
✓ Attain more personal goals.
YOU CAN DO IT!
ANY QUESTIONS?
THANK YOU!

Charlotte Westerhaus-Renfrow, J.D., M.Ed.
Clinical Assistant Professor, Kelley School of Business
Indiana University-Indianapolis
cfwester@iupui.edu