

GRIT is a superpower that you can tap into to create incredible results at work and in life. You know this...and now you want to know exactly how you can strengthen your own GRIT muscle. This resource in combination with the GRIT assessment can help you fine tune your focus and begin building GRIT right away. If you've already taken the GRIT assessment, great. If not, here's a link to help you get started: <https://bit.ly/3rbW1AU>

General Best Practices for Building GRIT

The elements of GRIT work together to form a MASTER CHARACTER TRAIT and as you listened to the program, you probably picked out a few themes that were consistent across multiple elements of GRIT. Here are a few things that everyone can benefit from doing to strengthen your overall GRIT muscle:



1. Pick passion projects.

You can't do everything, so pick things you love to do and can wholeheartedly commit to.



2. Create a plan to get things done.

Chunk things out to make success easier to track.



3. Journal daily.

10 minutes a day can change your life.
[Click here](#) to access our journal template.



4. Build physical vitality.

Support yourself with the proper nutrition, exercise and sleep.



5. Create a financial nest egg.

Put 6 months worth of savings away for a rainy day.



6. Invest in your connections.

Find friends, get a mentor, connect with colleagues.

GROWTH MINDSET	RESILIENCE
<p>Growth Mindset is the gas that enables the journey. The goal is to shift your worldview from things are fixed based on circumstances and existing capability to; things are dynamic and possible with effort.</p> <ul style="list-style-type: none"> • Complete the GRIT assessment exercise • Meditate • Practice optimism • Create a vision board • Create a personal mantra • Try new things 	<p>Resilience is the shock absorber that keeps things together when things get rough. The goal is to have the fortitude and wherewithal to navigate hardship with productive outcomes.</p> <ul style="list-style-type: none"> • Build physical vitality • Have resources set aside • Know your trusted group of friends • Clarify what's most important • Look for silver linings • Keep aware of the big picture • Know what you are talented to do
INITIATIVE	TENACITY
<p>Initiative is the spark plug that gets things going. The goal is to become a person who overcomes inertia begins to take massive action towards the accomplishment of goals.</p> <ul style="list-style-type: none"> • Know yourself • Set things up in advance • Make (the right) commitments to create behavior • Set a reward • Phone a friend • Just do it! 	<p>Tenacity is the oil that keeps the engine moving. The goal to have the mental stamina to persevere through challenges, plateaus and complexity that inevitably arises on the road to success.</p> <ul style="list-style-type: none"> • Don't take on too many projects • Create project plans • Set achievable daily priorities • Communicate micro successes • Have a support group

Want to Turn Your GRIT Muscle into A Dependable Competitive Edge?

Executive Coaching can accelerate your progress and increase your success. Excelerate is a premier executive coaching firm. We specialize in communication, team development and high-performance habits. To learn more about our services call us at 866-392-3578 or visit our website at iexcelerate.com.