



GET ME SOME GRIT

Shane Warren



TODAY'S CHECK-IN
QUESTION:

"SHOULD YOU GRIT
OR
SHOULD YOU QUIT?"

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Jason David

Defining Grit



GRIT IS THE PERSEVERANCE AND
PASSION TO ACHIEVE LONG-TERM
GOALS...



IT IS UNDERSTANDING THAT LIFE IS
LIKE A MARATHON, NOT A SPRINT!

Grit versus Resilience

Grit is our passion and perseverance towards reaching a long-term goal.

Resilience is the optimism to keep bouncing back from failure.



BOTH OF THESE TRAITS FOR SUCCESS ARE
ROOTED IN A **GROWTH MINDSET**, AND
EVERYONE CAN LEARN, DEVELOP AND BUILD
THEIR **RESILIENCE AND GRIT**.

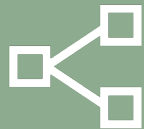




You can't have one without the other... grit requires resilience, resilience needs a grit focus.



Resilience is not innate – it can be learnt!



A person's resilience increases as one continually applies resilient thinking and behaviours in their everyday lives.

Important Note



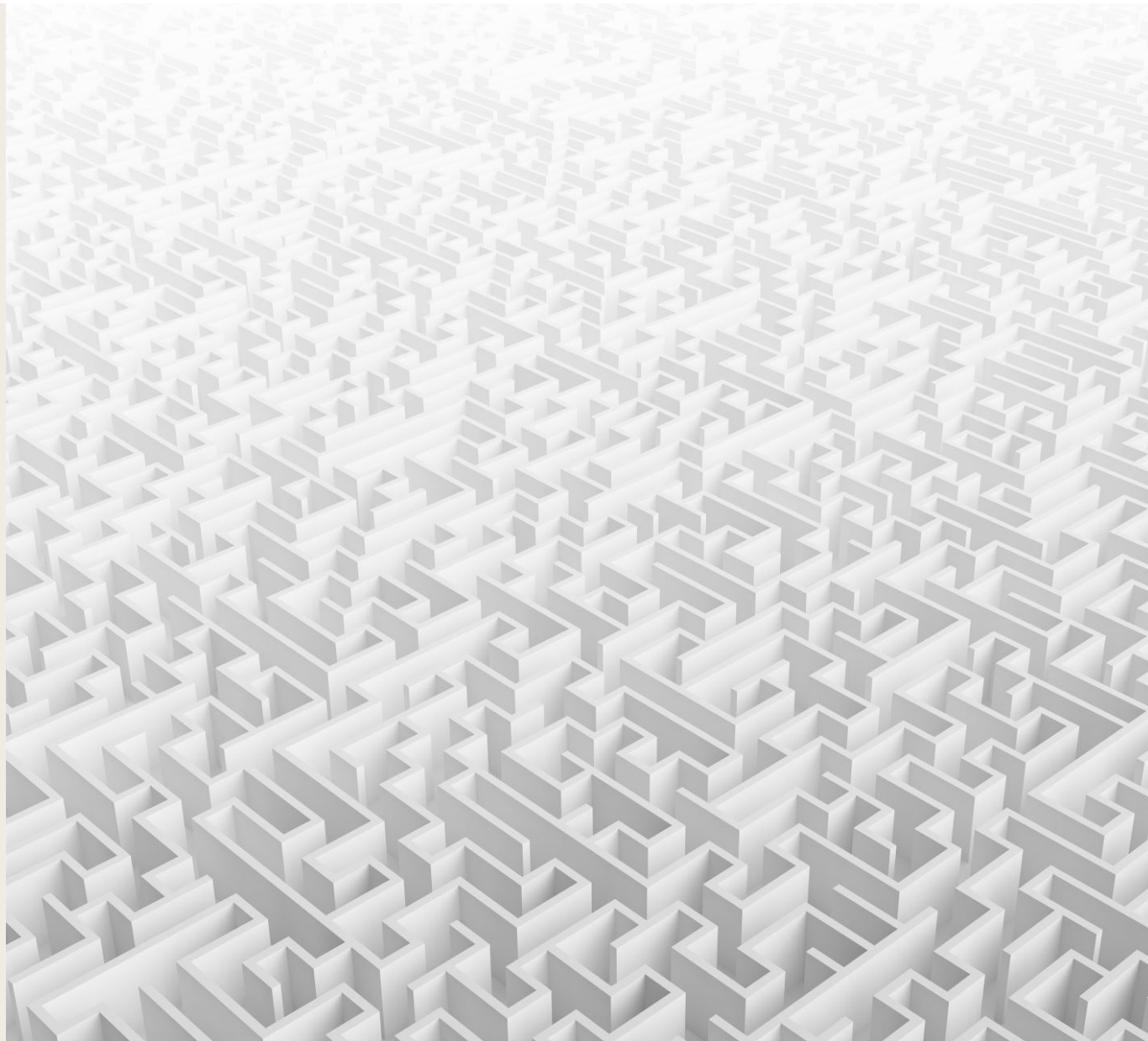
Resilience Mantra

“Grant me the serenity to accept
the things I cannot change,
courage to change the things I
can, and wisdom to know the
difference.”

- Adaptation of ‘The Serenity Prayer’ by
Reinhold Niebuhr (1932/33) -

WHAT'S THE BIG SECRET?

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GROWTH MINDSET

It's the secret!

What is a growth mindset?

“In a **growth mindset**, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.”

(Dweck, 2015)

- Dweck discovered 4 factors that affect ongoing tenacity or grit:
- Belief about themselves
- Goals (or lack of)
- Feelings about social connectedness
- Self-regulatory skills

[Dweck, 2015]

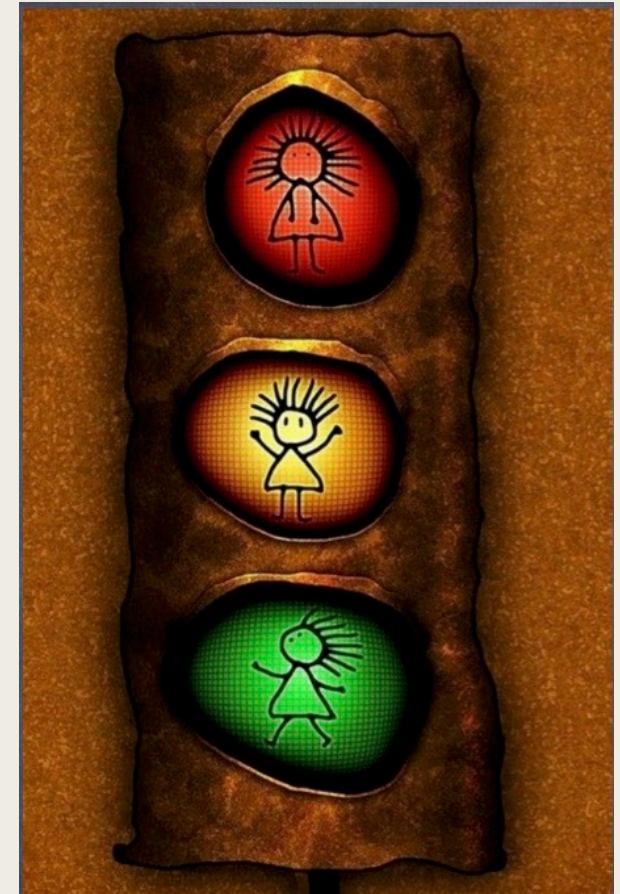


DON'T MAKE PERMEANT DECISIONS
BASED ON TEMPORARY EMOTIONS...

Remember: life is a marathon not a sprint!

Five Tips to Develop...

- Focus on your language choice
- Surround yourself with people who persevere
- Adopt flexible thinking patterns
- Set tiny goals that align with your purpose
- Build time into your day for reflection



Exercise to Start

- Go shopping and get yourself 'gift box'
- For a time of six weeks gather images and / or words that inspire you
- Don't limit just grab and drop into the box
- You know it, you've herd a million times... *A journey of a thousand miles begins with one step!*



Six Weeks Later: Define Picture



Personal

Professional

Social

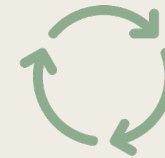
Turn the Pictures Into Words



Now write on a clean sheet of paper what the image is you hold in your head of the best possible self you can be in each of the three areas.



For the next three weeks - each morning before you start the day - read one image statement aloud to yourself.



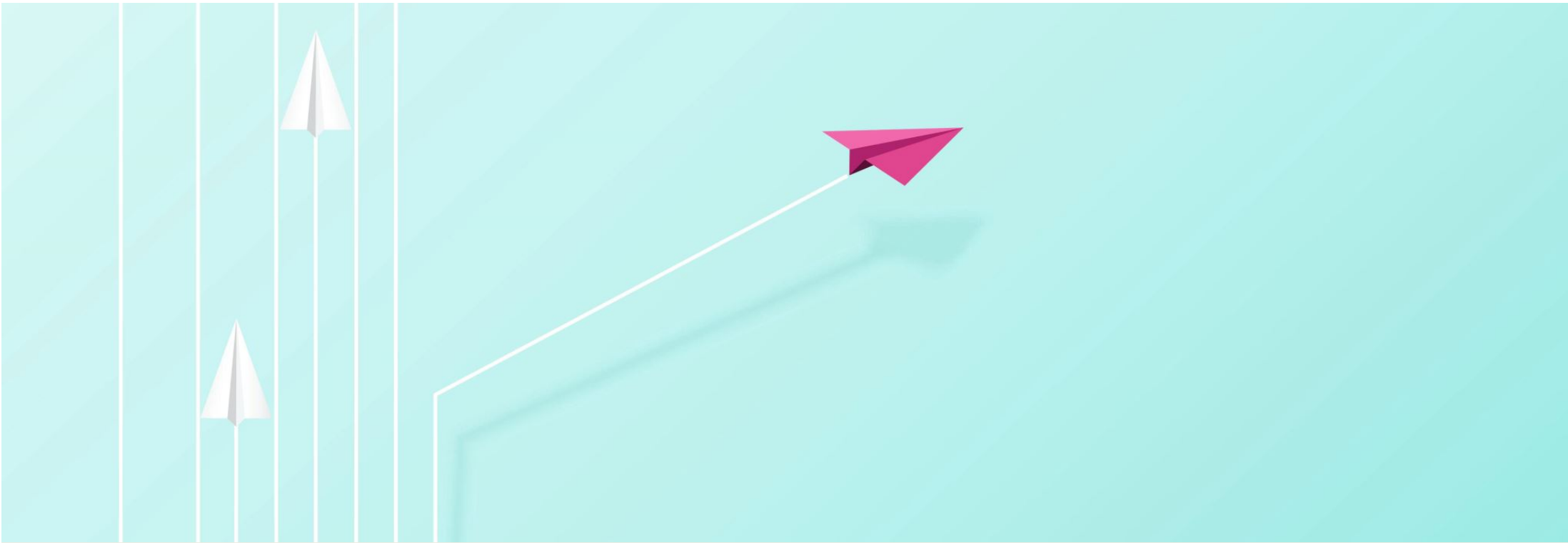
Cycle through each statement, choosing to focus only on one area per day.

Be Accountable: Visualization Log



Visualization Log

	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
Personal							
Professional							
Social							



THREE WEEKS LATER...



REVIEW IMAGES & START
AGAIN





GOOD LUCK!



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