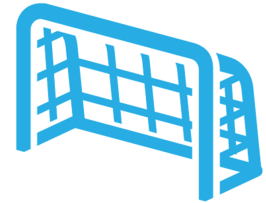


**G**

**G in GRIT stands for Goal.** Identify one of your goals. It can be a big one or a small one.



**R**

**R in GRIT stands for Reward.** We have goals because they give us a reward at the end. This reward can be something tangible, something we can touch or hold, or it can even be a feeling/emotion we want to feel. What are some rewards you enjoy?



**I**

**I in GRIT stands for Interference.** There will likely be something that makes it difficult to reach your goal: for example, your own negative self-talk or lack of support from your peers. Maybe interference comes from external factors like weather, resources, or illness. What challenges might interfere with you reaching your goal?



**T**

**T in GRIT stands for Tool.** When a challenge interferes with reaching your goal, what is a tool or strategy you can use to be "gritty" and overcome this challenge? Ex. Breathing exercise, mudras, mantras, yoga poses, etc.

