

Test Your
G.R.I.T.

A daily checklist to test how you're showing up in the world TODAY!

GUMPTION

definition: **shrewd or spirited initiative and resourcefulness**

question: **Are you going to be a thinker or a feeler today—or both?**

application: **CHOOSE to be shrewd (thinker) & spirited (feeler)!**

RESILIENCE

definition: **the capacity to recover from difficulty; toughness; elasticity**

question: **How will you spring back quickly today when adversity hits?**

application: **RUN AT a problem head on in bouncy rubber headgear!**

INDEFATIGABILITY

definition: **tireless determination, persistence, stamina, perseverance**

question: **Do you feel empowered to make good decisions today?**

application: **LOOK FOR new sources of strength in unexpected places!**

TENACITY

definition: **the quality of unbroken adherence; diligence; chutzpah**

question: **Will today be about stubbornness or a fight for value?**

application: **FOLLOW UP on something important before it slips away!**

EVALUATE

Based on stories you've been telling yourself & have heard others telling about you, do you have the GRIT to change your story & become the hero you were meant to be?

MAKE A PLAN

Change how you act, interact & react in this world. Your superpower will come out of your failures only if you choose to go forth with GRIT.

GO FORTH WITH G.R.I.T.