

## GROWING GRIT

THE TOUGHER IT GETS, THE BETTER WE ARE!

Grit: Combination of PASSION and PERSEVERANCE for long-term goals that are intrinsically interesting, purposeful, and meaningful to you

### GROWING GRIT

- Live Off the Land: To be resourceful, innovative, and use what you have to the best of your ability
- Be Your Best/ Be Our Best: "I'm at my best when..." "We're at our best when..."
- Focus On What You Can Control: "As you think, so you are"
- Give Yourself Permission to be Human: Acceptance → Forgiveness → Freedom
- Give Just a Little Bit More: The power of 1%

### REFLECT

- Which aspect of growing grit are you going to focus on growing in?

---

---

---

---

- What steps are you going to take to grow in that aspect?

---

---

---

---

“

*What lies behind us and what lies before us are small matters when compared to what lies within us. And when we bring what is with us to the world, miracles happen.*

”

Ralph Waldo Emerson

THE  
**GROWTH  
PROJECT**  
AMPLOS

Episode 290: Learning to Become a Pro with Olympian Danielle Williams



# WELLNESS WHEEL

