

Grit

a positive trait based on a person's perseverance and passion.

Resilience

the capacity to recover from difficulties.

In the space below, write about a time when you've displayed grit and resilience in your own life.

What was the outcome of the situation?

How was the outcome different than your initial goal or plan?

How will you use this situation to remind yourself to celebrate times when things don't go according to plan, much like Justin's example of his horse judging experience?

In this space, write the names of people, organizations, or resources that may help you work through roadblocks you may experience and propel you towards success.

