

Checklist and Worksheet for Rebuilding Grit

	Have I:	Yes	No
Step 1: Listen	Engaged myself in positive self-talk?		
	What will I do to adopt a growth mindset?		
Step 2: Reactivate	Focused on what my goal is and why it's important?		
	Why is my goal important? What will it look or sound like? What will it feel like to achieve it?		
Step 3: Choose again	Made a choice to believe in myself and what I can do?		
	What are some reasons for me to believe I can achieve this goal? What will I do to ensure it happens?		
	What adjustments does this assessment need to make it more effective?		