

I FEEL LIKE GRIT!

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MY 3 RULES

TRANSPARENCY

GOD

PARTICIPATION

GRIT

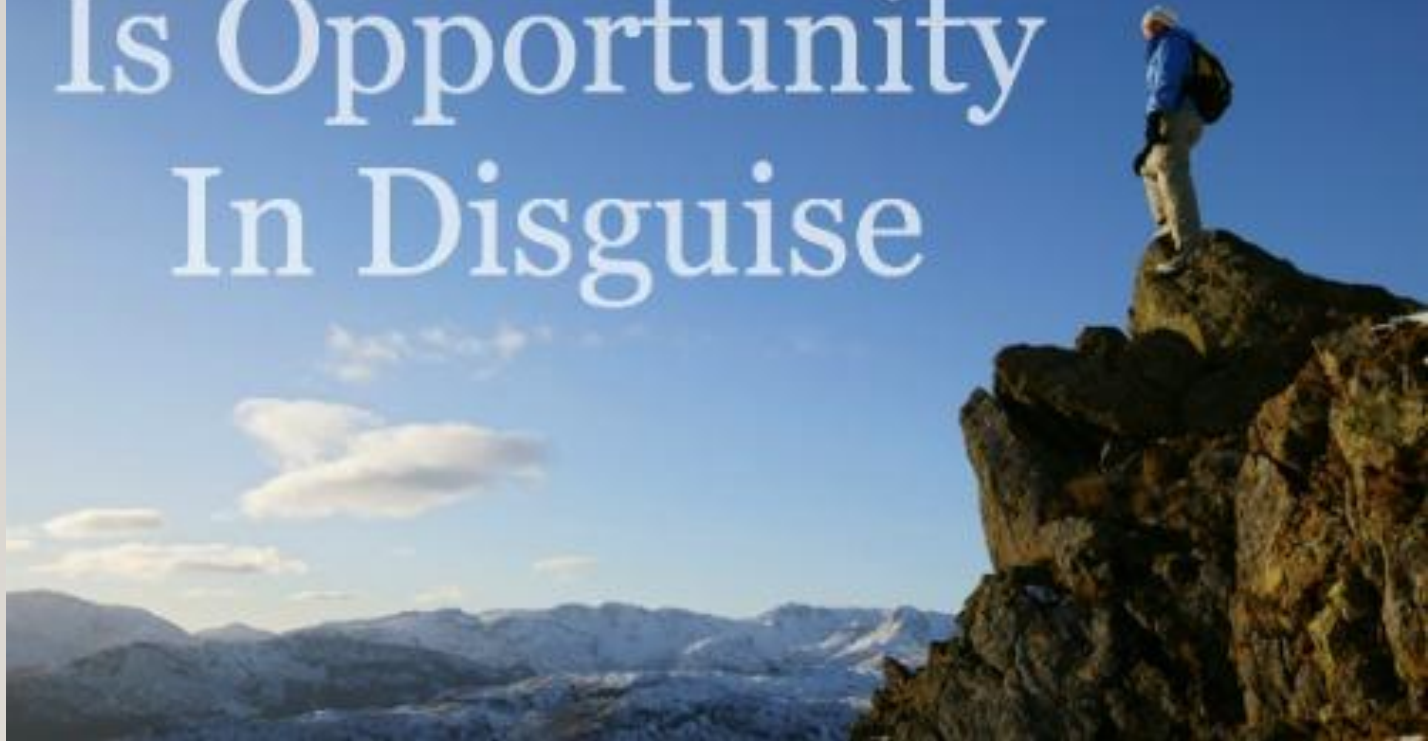
THE SCIENCE OF WHAT IT
TAKES TO PERSEVERE,

FLOURISH, AND SUCCEED.

GRIT

YOUR CAPACITY TO DIG DEEP, TO
DO WHATEVER IT TAKES –
ESPECIALLY STRUGGLE, SACRIFICE,
EVEN SUFFER – TO ACHIEVE YOUR
MOST WORTHY GOALS

Adversity
Is Opportunity
In Disguise



Growth

Your propensity to seek and consider new ideas, additional alternatives, different approaches, and fresh perspectives

Resilience

Your capacity to respond constructively and ideally make good use of all kinds of adversity

Instinct

Your gut-level capacity to pursue the right goals in the best and smartest ways

Tenacity


The degree to which you persist, commit to, stick with, and relentlessly go after whatever you choose to achieve

INFORMATION ADAPTED FROM
GRIT: THE NEW SCIENCE OF WHAT IT TAKES TO PERSEVERE, FLOURISH,
SUCCEED
BY DR. PAUL G. STOLTZ

SITUATIONAL GRIT

Rather than asking yourself, "Where do I spend my time?"
consider asking yourself, "Where do I invest my GRIT?"

Home Work School Money
Relationships Community Other



ASCENDING LEVELS OF GRIT

Since GRIT is all about impact, it's important and useful to
consider how that impact tends to increase in ascending orders
of magnitude, like climbing the rungs of a ladder.



EMOTIONAL

Your emotional capacity to commit and to remain strong, determined, engaged, and unwavering in pursuit of your goals.



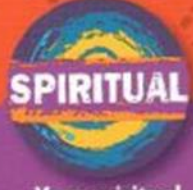
MENTAL

Your mental capacity to focus intently, even struggle over long periods of time, in pursuit of your goals.



PHYSICAL

Your physical capacity to dig deep, suffer, endure, withstand pain, and persevere in pursuit of your goals.



SPIRITUAL

Your spiritual capacity to suffer well, to maintain your faith and belief, to remain centered and clear, and to transcend any frustrations in pursuit of your goals.

FOUR CAPACITIES OF GRIT

It may seem nitpicky, but the reality is, just because a person's overall GRIT may be exceptional (Smart, Good, Strong across G-R-I-T), that does not mean it's physically, emotionally, mentally, and spiritually balanced.

GRIT

IN OUR STUDENTS



MY GRIT STORY



GRIT

IN

STUDENT SERVICES

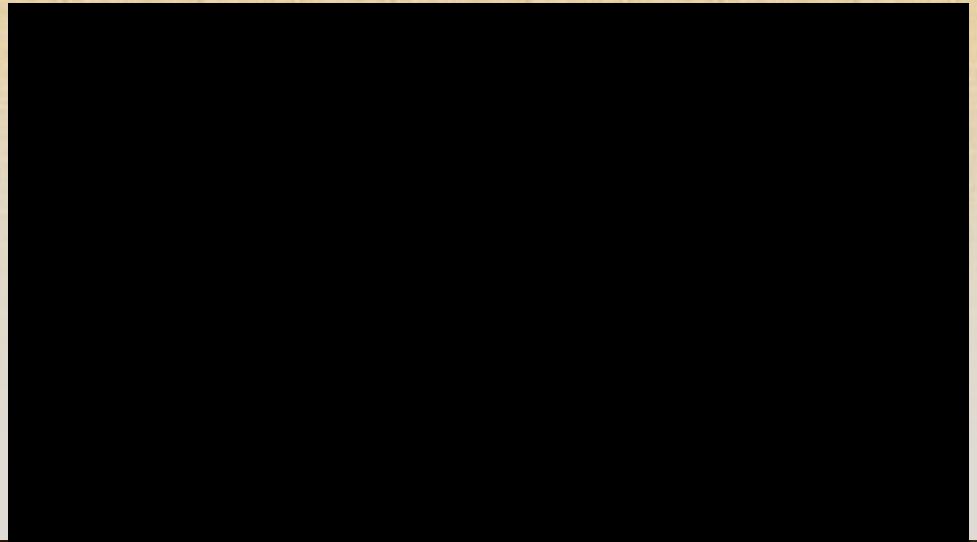


YOUR GRIT STORY



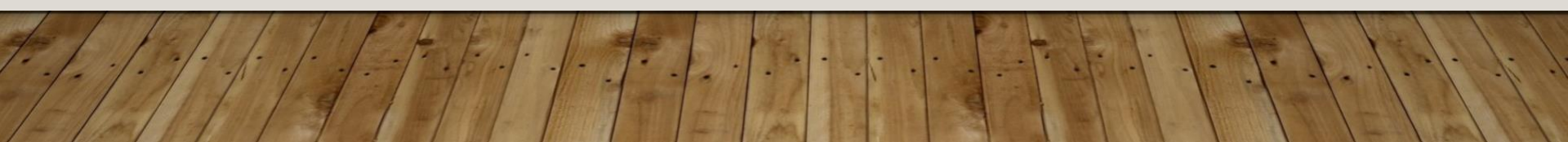
GRIT TOOL

- Say I feel like GRIT
- Grace
- Reset
- Intentional
- Time



**EXERCISE YOUR GRIT BUT
DON'T FORGET**

**You are not
alone...**



THANK YOU

