

**What is grit? Grit is passion and sustained persistence applied toward long-term achievement, with no particular concern for rewards or recognition along the way.**

## **EIGHT TRAITS OF GRIT**

- 1. Focus on high level pursuits but are flexible on low-level goals**
- 2. Know the “why” behind all we do**
- 3. Live life as a marathon, not a sprint**
- 4. Stubborn, but not stupid**
- 5. View setbacks as comeback opportunities**
- 6. Work hard, but with only great focus and purpose**
- 7. Avoid distractions**
- 8. Never feel anxious or ashamed in the face of adversity. They look for ways to improve or get better.**