

2019
**INTERNATIONAL
DOT DAY**

“There is more in you than you know” –Kurt Hahn



#1 What goal do you feel passionate about achieving this school year?

Grit is the ability to persist in something you feel *passionate* about and stick with it even after experiencing difficulty or failure.

Your goal should be specific and measurable.

#2 Why is this goal important to you?

It is easier to show grit when you feel passionate about the goal!

#3 How will you get there?

Write down a plan for your success.

It is best to make gritty behavior a habit as opposed to using self-control or willpower. **Write down a plan for your success!**

Remember a goal without a plan is just a dream!

