

Persistence and Grit

Key to a growth mindset is demonstrating persistence and grit. Individuals that demonstrate grit and persistence often are successful, learn and achieve.

Use the chart to identify your strengths and weaknesses:

	Weak	Average	Above Average	Excellent
Bounce back easily from a setback:				
Turn setbacks into comebacks:				
Learn from mistakes:				
See things through to completion:				
Hard working:				
Sustained focus:				
Sustained interest:				
Very diligent:				