




Persistence, Grit and Tenacity

Persistence, grit and tenacity are inner thoughts and actions for a growth mindset. They are similar and when combined together they support growth and success.

Persistence:  *continue to work at something, despite obstacles and problems until the end result or until the goal is accomplished.*

Grit:  *determination despite setbacks and initial failures, demonstrating courage and resilience while persisting toward the goal or end result.*

Tenacity:  *Sustain interest, determination, commitment and drive to get things done.*

Your task:

Describe a time when you used persistence, grit and tenacity to reach a goal or desired end result. This can be about anything, sports related, hobby, social goal or academic. Be specific in detail and explain why persistence, grit and tenacity paid off.