

The Power of Grit: Passion and Perseverance

Dr Funke Baffour-Awuah
Al Rayan International School



Webinar Series

1. Dealing with Change and Uncertainty
2. Managing Fear and Anxiety
3. The Art of Self Motivation
4. The Power of Grit: Passion and Perseverance
5. Finding your Purpose.

Outline

1. What is Grit?

2. Passion and Perseverance

3. Characteristics of a Gritty Person

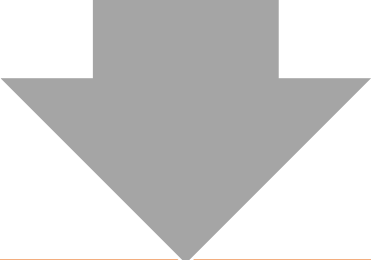
4. Becoming Grittier

5. Growth Mindset and GRIT

6. Reflection Corner

What is Grit?

Grit is a conscious effort to maintain one's interest and determination in order to achieve long-term goals even in challenging times.



Simplest form: the passion and perseverance to succeed.

Passion means you are consistent with your goals done within a long period of time.

Perseverance, on the other hand, is your ability to defeat failures through hard work.

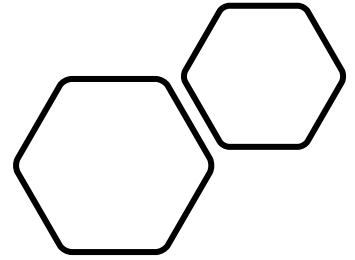
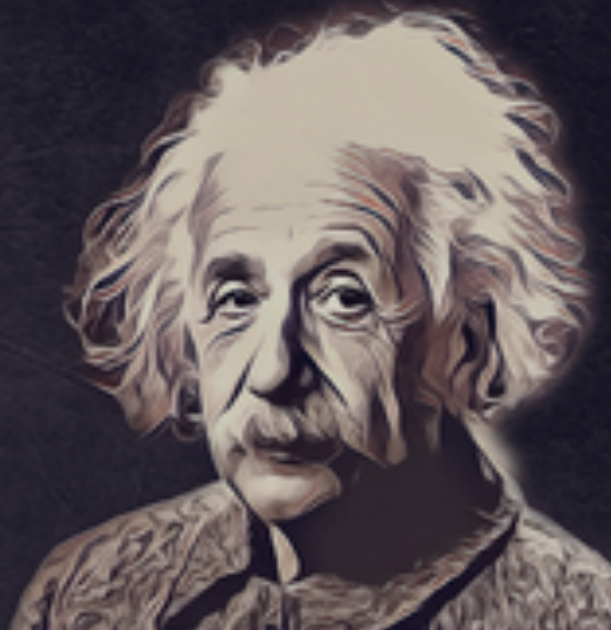


Do you have GRIT?

Our level of passion
sets the boundaries in
which our perseverance
can operate

**I have not failed,
I have just found
10,000 ways that
don't
work.**

~ Albert Einstein





GROWTH

Growth represents the possibility of seeking fresh ideas in order to succeed



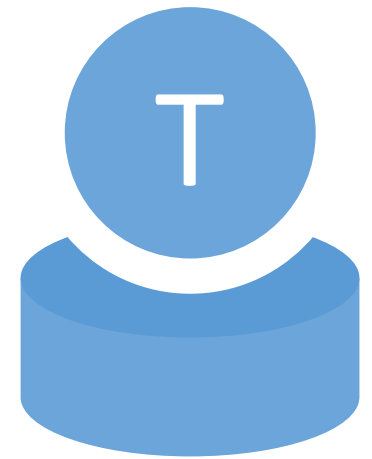
RESILIENCE

Resilience is about bouncing back from difficult times and being able to use the challenges as a motivational tool



INSTINCT

Instinct is about the best way to achieve a goal. It is usually based on convictions



TENACITY

Tenacity is one's ability to never quit. The will to thrive even in the face of adversity

- Relying on your **talents does not show GRIT**
- Putting in effort beyond your abilities is key
- Hardwork can lead to procrastination and doubt
- Using failure can be used as your advantage
- **Doing something you LOVE ignites passion**

*Live life as if it is a marathon and
not a sprint*



GRIT: Core Areas of influence

GRIT affects the areas of prosperity such as career, wealth and health and happiness

GRIT influences our attitudes and behaviour in our family, friendship and love/romance life

Wellness areas such as sleeping, eating and exercising are also influenced by GRIT

Spirituality, creativity and me time can also be greatly influenced by the power of GRIT.



Prosperity



Relationships

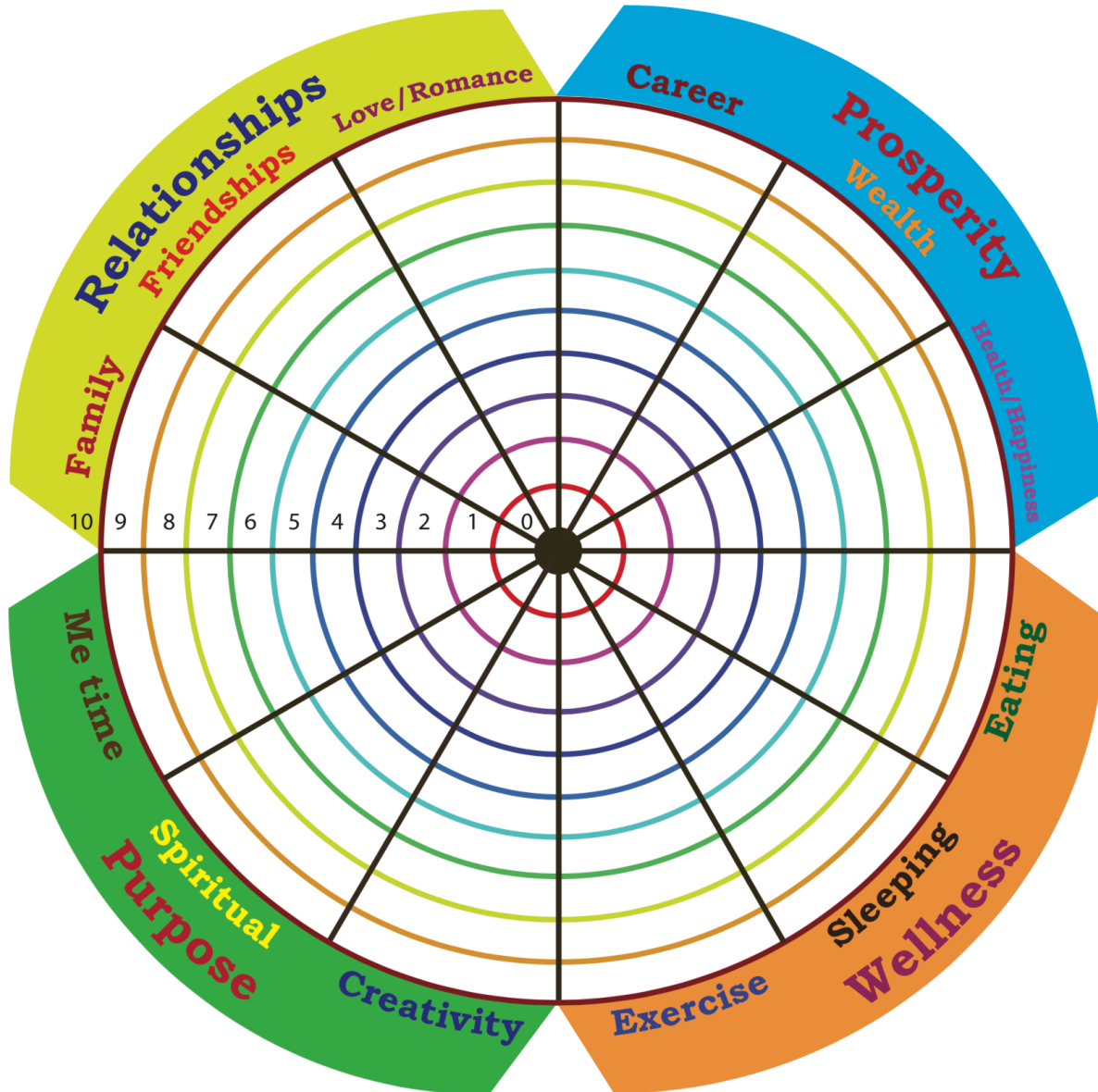


Wellness



Spirituality

DF TOTAL WELLBEING WHEEL OF LIFE



How much GRIT
have you put into
your Wellbeing
wheel?

**The difference between who
you are and who you want to
be. Is what you do**



Characteristics of a Gritty person

COURAGE

**Conscientiousness:
Achievement
Oriented vs.
Dependable**

**Long-Term Goals
and Endurance:
Follow through**

**Resilience:
Optimism,
Confidence,
and Creativity**

**Excellence vs.
Perfection.**



How to become Grittier

- Have a higher purpose
- Growth Mindset
- Practice
- Be humble
- Have self confidence
- Establish positive relationship with other gritty people
- Accept failure
- Be creative

Growth Mindset and Grit





Something to think about

DO YOU LACK GRIT?

IS THERE ANY AREA OF YOUR LIFE
THAT NEEDS THE POWER OF GRIT?

ARE YOU DETERMINED TO
ACHIEVE YOUR GOALS?



Reflection Corner

Dr Funke's Books



VISIT AMAZON FOR



LOVE YOUR AUTHENTIC
SELF

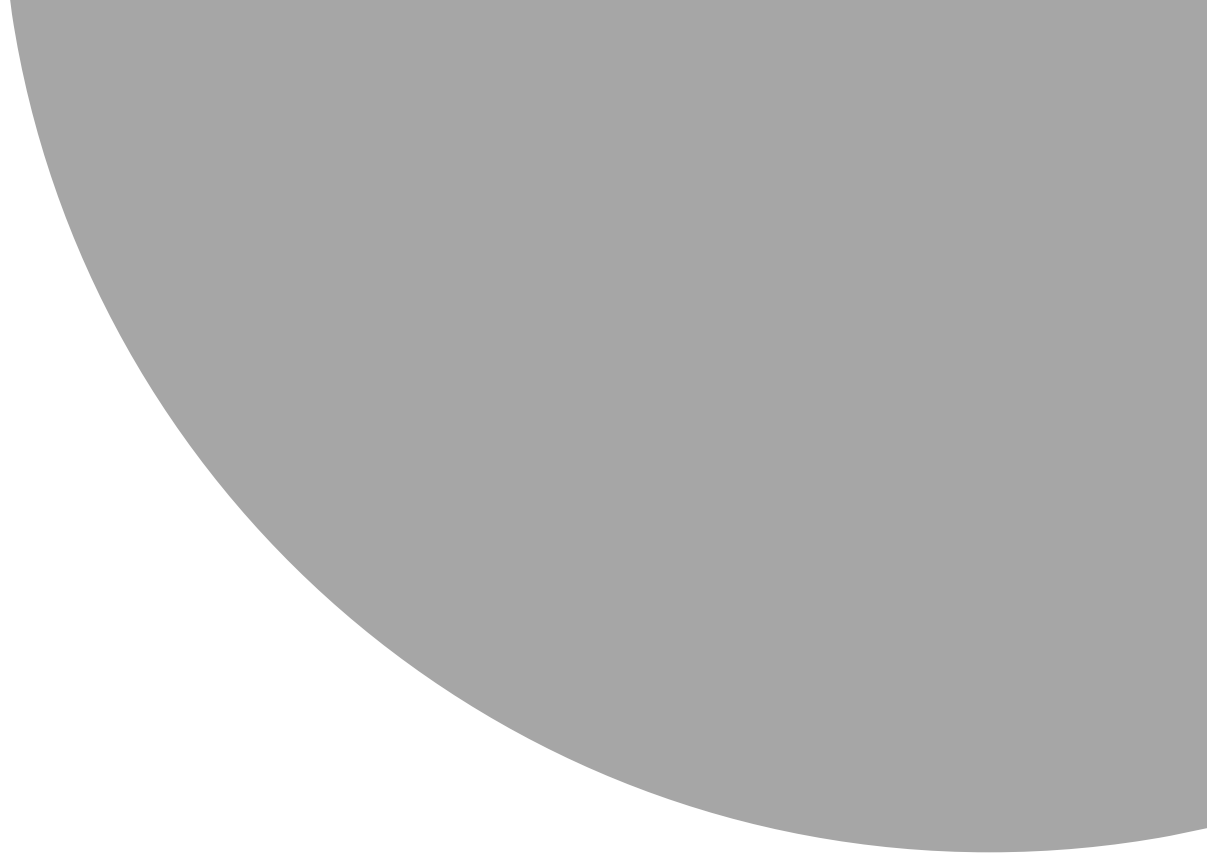
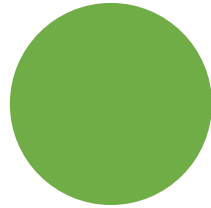
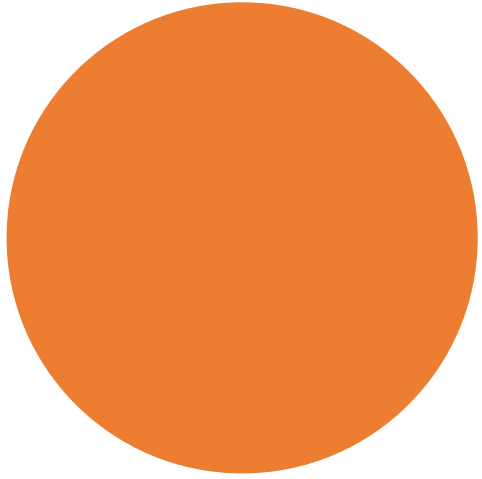


IMPROVING YOUR
THINKING



TAKE CONTROL OF YOUR
TOMORROW





Thank you

Questions and Discussions

Next Webinar

Finding Your Purpose