

Activities and Conversation Starters That Cultivate Grit

Authenticity

1. Activities
 - a. Debate clubs, sports, cooking, dance, theatre, etc.
 - b. Autobiography*
2. Conversations Starters
 - a. What were the best part and the hardest part of the day? (Don't forget Why!)
 - b. Today I was authentic because...

Visionary

1. Activities
 - a. Field trips to various businesses/research interests
 - b. Vision Boards*
2. Conversations
 - a. Goal setting- the goal and the steps it takes to accomplish them
 - b. When I am older, I want to...

Selflessness

1. Activities
 - a. Volunteerism
 - b. Devoted to Me*
2. Conversation Starters
 - a. How did you take care of yourself today?
 - b. How did you help others?

Perseverance

1. Activities:
 - a. Celebrating Failures*
 - b. Problem Solving*
2. Conversation Starters
 - a. Mistakes made, failures of the day
 - b. Today I persevered because...

Courage

1. Activities
 - a. Courage Lantern*
 - b. Legacy Of Courage*
2. Conversations
 - a. Did I have fear or doubt today?
 - b. Today I was courageous because...

*all activities are free and available for download at <https://graceandgritbox.com/pages/resources/>

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