

Are You Gritty?

Objective: Use this worksheet to determine your areas of grit and what you need to work on! Be brutally honest, and write your responses. Consider asking a trusted colleague, family member, or friend for input on these questions as well!

1. Do you take responsibility for the outcomes in your life? Are your outcomes generally successful?

My Response:

2. Do your past achievements offer evidence of perseverance through challenge to accomplish long-term goals?

My Response:

3. Are you just as resilient in your personal life? Do you set personal goals for yourself? Do your hobbies and interests support your grit development?

My Response:

4. What professional goals are you setting for yourself? Are they realistic? How do you envision accomplishing these goals?

My Response:

5. Do you ever give-up? What stops you from sticking it out? What could change that pattern?

My Response: