MONDAY | Get Roaring In Ten

Are you more successful when you think positively, or when you think negatively?

When you think or say negative things about yourself, you start to believe them. Those messages decrease your self-confidence, impact your motivation, and make you less likely to reach for challenging goals. They also hurt your ability to bounce back after setbacks or mistakes. On the other hand, when you choose positive messages for yourself, you improve your mood and increase your GRIT factor.

So, what makes for effective positive thinking?
- Acknowledge your strengths, and build on them.
- Accept your weaknesses without over-focusing on them, and work to improve in those areas.
- Be realistic – it’s not effective to say you’re superhuman, but it is effective to recognize your assets.
- Recognize shades of gray – you are neither perfect nor awful.

TUESDAY | Get Real In Ten

How much energy do you expend trying to appear as if you’ve got it all together?

Consider the “mask” you present to the world – the image you want others to see. Sometimes using the mask is worth the effort; for example, taking a powerful stance when you’re nervous about public speaking will boost your confidence and engage your audience. At other times, hiding your true self drains your energy and takes your attention away from your goals. For example, if you don’t understand course materials but pretend that you do, your grades will suffer. And if you hide your passion for knitting in order to fit in with the athletes on your floor, you’ll never find out that one of them loves knitting too. Being authentic is generally more productive.

WEDNESDAY | Get Resilient In Ten

How do you deal with failure or setbacks?

Rarely does one reach a goal without some mistakes along the way. The question is how you respond to these setbacks. Do you decide that you can’t do it and give up? Or do you try again? When you’ve made a mistake or encountered obstacles, you may feel discouraged, tired, embarrassed, or self-critical. The task may seem too hard. Or you might not think you care anymore. But you set your goals for a reason, and it’s probably worth the effort to keep trying. “The gritty individual approaches achievement as a marathon; his or her advantage is stamina.” – Angela Duckworth
**WEDNESDAY | Get Resilient In Ten (continued)**

Consider this:
- Michael Jordan was cut from his varsity high school basketball team.
- Oprah Winfrey was fired from her evening news anchor job.
- Abraham Lincoln lost 8 elections before he became president of the U.S.

These people bounced back from failures, and so can you.

**THURSDAY | Get Recharged In Ten**

What do you do when your energy is zapped?

Working toward important goals is more like a marathon than a sprint – and sometimes it feels like the race is all uphill. When your energy, motivation, and enthusiasm fade, it’s essential to take a break and do something that reinvigorates your spirit. Stretch. Take a walk. Take a nap. Create something. Pray or meditate. Hang out with friends. Bake some cookies. Do something that makes you laugh. The possibilities are endless – but the point is that you need to take care of yourself.

And remember that self-care is important even outside your most exhausted moments. When you treat yourself better on a day-to-day basis, you’re less likely to burn out. So figure out what works for you, and make time for that!

**FRIDAY | Get Rolling In Ten**

How do you stay focused on your future goals?

It’s hard to get anywhere if you don’t have some sense of direction or ideals to work toward. So it’s important to recognize what you’re passionate about – what motivates you, what gets you up in the morning, what’s worth your efforts. Once you can envision those goals, it will be easier to make plans and figure out the steps you need to take.

Then it’s all about follow-through. You’re unlikely to reach your best goals without a lot of hard work. You’ll make progress. You’ll encounter obstacles. You’ll have setbacks. But keep going! Research shows us that your courage and determination make a difference.

"Grit is one of the best predictors of success, even more than IQ, social intelligence, good looks, or physical health." - Dr. Sherry Woosley

_____ Focus + Effort + Recovery = GRIT _____

--adapted from “Grit and the First-Year Student”

**INCREASE YOUR G.R.I.T. FACTOR!**