

Tracking Your Grit Level

The picture below is a grit thermometer. You can use it as a tool to measure your grit levels. Tracking your grit levels lets you know when you are most able to be gritty, and when you have to work harder for grit. The more you pay attention to your grit levels, the more you learn about the areas you need to build.



DAY & TIME	SITUATION (DESCRIBE WHAT HAPPENED)	GRIT TEMPERATURE RATING	WHAT I WAS THINKING TO MYSELF
Sunday around dinnertime	I needed to finish my homework, and I didn't want to do it. I made myself sit down and do it.	8	"You can do this. Just get it over with."

• GRIT SPOTTING •



SPOTTED AT SCHOOL.
I SAW MY CLASSMATE
SHOW GRIT WHEN



MY FAMILY HAS GRIT.
I SAW IT WHEN



GRIT IN NATURE.
I SAW IT WHEN



GRIT IN ME!
I SHOWED IT WHEN

Box Breathing Chart

DAY	BOX BREATHING 1	BOX BREATHING 2	BOX BREATHING 3
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

The Three Ps

DAY	SITUATION (WHAT HAPPENED TO CAUSE THE THOUGHT OR THOUGHTS)	MY AUTOMATIC THOUGHTS	PERVASIVE? PERSONAL? PERMANENT?

DAILY GRATITUDE JOURNAL

*BE SPECIFIC WITH ENTRIES



ONE MOMENT I WAS GRATEFUL FOR TODAY WAS:



ONE EXPERIENCE I WAS GRATEFUL FOR TODAY WAS:



I WAS GRATEFUL TODAY WHEN:



Grit List

1. Look for grit.
2. Calm your brain down if it overreacts.
3. Recognize that your brain can change.
4. Name feelings to tame feelings.
5. Catch your thoughts to change your thoughts.
6. Use self-talk.
7. Use mantras that motivate.
8. Recognize the 3 Ps in action.
9. Change through growth thinking.
10. Choose to be grateful.
11. Check your perspective.
12. Try to see things the way the other person does.
13. Figure out what the real problem is.
14. Meet your needs for sleep, exercise, and eating.
15. Take time for yourself.
16. Ground and strengthen yourself through mindfulness.



CERTIFICATE OF GRIT

AWARDED TO :

AWARDED BY :

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CONGRATULATIONS ON BUILDING YOUR GRIT! -
KEEP UP THE GRITTY WORK. +