



Growing GRIT

Lesson Content

Olympic skater Nathan Chen has put in 27,000 hours of practice over fifteen years. He's made over 300,000 jumps and fallen over 100,000 times. He's the current US National Figure Skating Champion. Bradie Tennell, also an Olympian and US National Figure Skating Champion, had to wear orthotics for years due to a hip problem. She missed 3 months of practice in both 2015 and 2016 due to back fractures. When asked if she ever thought of giving up she replied, "Absolutely not; I knew if I could get through this, I could get through anything!" Both skaters have demonstrated the passion and perseverance of GRIT. So what is GRIT?



It's more than sticking with something for a long time. It's sticking with something in spite of all the adversity and obstacles that come along without giving up. It's easy to stick with something if there aren't any trials and heartaches. In her book "GRIT – The Power and Passion of Perseverance" Angela Duckworth says that GRIT is the best indicator of future success. It demonstrated when people voluntarily stick with an activity more than two years that is both challenging and enjoyable. I guess we can't call it grit when someone forces you to do something for two years!

How can parents give their children grit? Here are two approaches that increase the chances of your children finding grit.

1. Be It – Demonstrate grit in your life when it comes to your long-term goals regarding your health, career, relationships, and personal development. Be a living example that work comes before play. Be an overcomer when faced with setbacks.
2. Reinforce it – Provide generous amounts of support for your child's efforts and performances, regardless of wins and losses. Balance that support with insisting on standards of conduct that represent your families values and expectations of character. It's a paradoxical blend of being supportive and demanding at the same time. Deliver unconditional acceptance, **and** provide challenging opportunities for growth and grit to flourish.

Remember, grit is developed over time. A child must first be interested in an activity before they become passionate about it. Allow grit to throughout the journey. GRIT could stand for: **G**rowth – **R**esolve – **I**nternal drive - **T**enacity



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Discussion Guide

1

What are some examples of passion and perseverance in your life? When have you been gritty?

2

How could you provide a better mixture of support for effort, and also be demanding about good character?