

15 QUOTES ON

GRIT

WITH DISCUSSION PROMPTS

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*Over time, grit is
what separates
fruitful lives from
aimlessness.*

JOHN ORTBERG

How do you demonstrate grit when working on your homework?



I had to work extremely hard to maintain perspectives during my emotional lows, but in the process I was forced to cultivate grit, persistence, patience.

MONJYOTI BHATTACHARYYA

When feeling unmotivated and down, what are some strategies that you use to get back on track?



*What would happen
when there was no
one there to tell me I
had to go on when I
didn't have it in me?*

ADITI KHORANA

Give 3 reasons why fostering inner grit is important



*Grit is sticking with
your future day in, day
out and not just for the
week, not just for the
month, but for years.*

ANGELA LEE DUCKWORTH

How does planning long-term help stay focused on
the final goal?



*What is grit? Grit is
refusing to give up.
It's persistence. It's
making your own
luck.*

PETER DIAMANDIS

Are grit and luck the same thing?



Have the courage to follow your heart and intuition. They somehow already know what you truly want to become.

STEVE JOBS

Why does it take courage to follow your calling?



If you don't give up, you still have a chance. Giving up is the greatest failure.

JACK MA

Give 2 examples from your life when you did not give up and it turned into something positive.



*The difference in
winning and losing
is most often.
Not quitting.*

WALT DISNEY

Research the life of Walt Disney and discuss why he eventually succeeded.

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"What if I fall?"

*"Oh, but my
darling, what if
you fly?"*

ERIN HANSON

How can peers, parents, teachers and others help
you develop and foster grit?



*It does not matter
how slowly you go
as long as you do
not stop.*

CONFUCIUS

How can positive encouragement help someone persevere?



We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.

JESSE OWENS

What are some strategies you might use to manage your time wisely?



*Do not judge me by
my successes, judge
me by how many times
I fell down and got
back up again.*

NELSON MANDELA

Research a famous athlete and discuss how their determination has helped them get where they are



*Keep your hands open,
and all the sands of
the desert can pass
through them. Close
them, and all you can
feel is a bit of grit*

TAISEN DESHIMARU

How can determining what steps you need to take to
achieve your goal help you achieve it?



*No man can fight his way
to the top and stay at the
top without exercising the
fullest measure of grit,
courage, determination,
resolution.*

B. C. FORBES

What is success and is it the same for everyone?



*If four things are followed
- having a great aim,
acquiring knowledge,
hard work, and
perseverance - then
anything can be achieved.*

A. P. J. ABDUL KALAM

How are you following the 4 things mentioned in this quote? Provide one example for each.