15 QUOTES ON

GRIT

WITH DISCUSSION PROMPTS

www.intomath.org
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.
"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.