

BELIEVE IN YOU

Name:

Date:



This journal is designed for students and adults. *Go Be Great!*

BELIEVE IN YOU

GRIT

/noun/

A mixture of growth mindset, inspiration, resilience, and tenacity in pursuit of long-term goals.

Welcome to the 5 Day Grit Journal.

This book is designed for humans who are striving to make a difference in their communities, in their families, and in their own personal lives. **Following the 5 Day Grit Journal process is simple, but it is not easy.**

Every day for five days, take 10 minutes to read, think, and write. In fact, read the page for the day, think about the writing prompts for 3 to 5 minutes, and then write 4 to 6 sentences in the space provided. This short amount of writing is meant to set your focus in a positive direction.

Next, go out into the day and live a life of growth mindset, inspiration, resilience, and tenacity.

When you need to, return to this journal and repeat the process. Living with grit requires patience, self-kindness, and constant reflection.

The world needs you. We Believe In You.

By Aaron Hart and Nichole Wilder for the Companies of Varsity Brands

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BELIEVE IN YOU

We all want to be successful, and we want the people that we care about to be successful too.

We know that grit is an important characteristic and we want to prove to the world that we have it.

YOU HAVE WHAT IT TAKES.

DAY 1

There is grit inside of each and every person. We all need reminders that we have grit deep inside of us.

In the space below, write about a skill that you now have that was challenging to learn.

Name the skill. Then list at least one thing that inspired you to practice and learn that skill.

Finally, write about one way that you demonstrated grit as you worked toward your goal.



Need help thinking of a skill to write about? You're reading this page – right? Reading is a complex skill that requires a lot of time, practice, and grit.

BELIEVE IN YOU


Grit requires growth mindset and resilience.

Growth Mindset is a belief that abilities are developed through dedication and hard work; raw talent and common knowledge are just starting points.

Resilience is the ability to recover quickly from difficulties, challenges, and setbacks.

DAY 2

Anyone can learn to have a growth mindset. Having a growth mindset helps us find resilience when we need it most.



Purposeful self-talk is the skill practice that we will use to strengthen our growth mindset. This journal is designed to help you create purposeful self-talk.

In the space below, write about someone that you know and admire who had to overcome a challenge or a setback in order to achieve a goal.

How do you think the lessons that person learned from those challenges helped develop a stronger and more resilient person?

In one sentence, describe how you can be more like this person that you admire.

Quick Note: The person you write about can be someone you know personally, or it can be someone you know from watching videos, reading book, or watching from afar.

BELIEVE IN YOU

Grit requires inspiration and tenacity.

Inspiration is a feeling of empowerment or excitement that encourages you to begin an action or to continue an activity with increased enthusiasm.

Tenacity is the ability to endure physical, mental, and/or emotional challenges while working to accomplish a task or reach a goal.

Inspiration can come from anywhere. We can even build inspiration into our lives as a way to find tenacity when we need it most.

You are an inspiration.
You have tenacity & resilience.
The world becomes better every time that you become better.

In the space below, write about a time when you became better as a result of being inspired. What inspired you?

List one way that you can now pay it forward and use your new awesomeness to make your friends, family, and community better.

Remember, every time you level-up your life – the world around you benefits.

DAY 3



Engineer your surroundings so that you can see inspiration every day. Look for inspirational people. Follow positive examples who inspire you to level-up.


BELIEVE IN YOU

The elements of grit are powered by purposeful self-talk.

Purposeful self-talk is a practice that focuses on communicating positive intention to yourself, throughout your daily life.

Positive intention is a focus of your personal attention on ways that you can improve yourself in an effort to improve the world for the people that you care about.

DAY 4



You are the author of your story. Purposeful self-talk tells your mind and the rest of the world that you are moving forward in a positive direction.

Positive intention can become your daily habit. Every day, wake up and ask yourself how you can contribute to a better world. Live with intention.

In the space below, write about your positive intentions for the world around you.

First, write about one small way that you can help another person have an amazing day.

Next, write about one big way that you hope to improve the world for yourself, the people you care about, and your community.

These two things are positive intentions.

Did you know that a smile can literally be contagious? That's right. All human brains have mirror neurons that respond and mirror behaviors and actions that we observe in others. Smile more :)

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BELIEVE IN YOU

Positive surroundings can inspire grit.

Positive surroundings include inspirational objects, people, sounds, and images that we interact with in our everyday lives. We can't always escape negative things. However, we can purposefully place positive things into the spaces where we live, work and play.

Find small ways to create **positive surroundings** for yourself and others.

Look for inspiration in little things. People, songs, photos, artwork – these are all things that we can look to for inspiration and positive intention.

You can take small steps to create positive surroundings for yourself and others. Use sticky-notes to post positive words that will inspire you.

In the space below, write about ways that you can create positive surroundings for yourself and the people that you care about.

First, list three things that are already positive parts of your everyday surroundings.

Next, list three ways that you can work to create more positive surroundings in your home, in your school, or in your community.




When we look for positivity – we find it and we become it. In the past five days you've set positive intentions with purposeful self-talk. You are an inspirational part of someone's daily surroundings.

BELIEVE IN YOU

GRIT

Inside of you there's a mixture of growth mindset, inspiration, resilience, and tenacity that will help you accomplish your long-term goals.

GO BE GREAT



Define your goal. Post this page where you will see it. Let your goal inspire you.

What is your goal's name?

What is the reason for your goal?

What efforts will your goal require?
How will you achieve your goal?

Who is someone that you trust that you can talk about your goal to?

What is the long term timeline for your goal? (1 year? 5 years?)

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LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

This journal-based experience is designed to help individuals reach the following leadership outcomes:

Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
- Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
- Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.

Civic and Service Learning

- Individuals will experience, reflect on, and recognize the value of serving others.

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For more information about the CADA Student Leadership Standards visit www.cada1.org

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