**Grit** is what helps us hold onto our goals, so that we can get what we want. It’s internal toughness and perseverance, and not letting obstacles stop us, even if these obstacles occur over a long time. It turns out that grit is the biggest factor in success, more than any other personality trait (including intelligence!).

Find someone who you know who has demonstrated grit, and ask them if they’ll share their story. You can use these questions, or some of your own if you prefer. You can take some notes as they speak, just to help you remember their story. If you want, and they’re comfortable with it, you can record them so you can recall the details. You’re going to make a short poster to share this back with others- so make sure the person knows that other students will see their story, and that they are comfy with that. Remember to be polite and thank them for their time!

The person I asked is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I thought of asking them because : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Questions you could ask:

1. Can you tell me about a time when you showed grit or mental toughness by sticking to a long-term goal or task?
2. What kinds of obstacles or challenges did you find along the way?
3. How did you overcome those obstacles or challenges?
4. How did you know that you succeeded? What were the results?
5. Your own question: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

Be sure to thank them for their time!