



Presented by BU Happiness College

# Building Grit & Mental Toughness

[www.buhappinesscollege.com](http://www.buhappinesscollege.com)







"Our potential is one thing.  
What we do with it is quite another."  
- **Angela Duckworth**

# What is Grit?



**Interest**



**Practice**



**Purpose**



**Hope**

## Notes



# Uncovering Your Interests

## Prompt

## Interest

**What was your favourite thing to do as an 8 year old?**

**What is your favourite thing to do in your free time?**

**What would you pursue as a career if you didn't have to think about money?**

**What were you doing the last time you experienced a state of "flow"?**

**What are you most curious about right now?**

**Who do you envy? What are they doing that you wish you could?**



# Uncovering Your Interests

**Interest**

**Ways to test it**



# Deliberate Practice

## Stage of deliberate practice

## How you'll implement it

### Stretch Goal

Set a specific goal for a skill-based activity you want to achieve. It could be related to your job or an outside interest but it should be a "hard thing".

### Focus

Think about how you can build a routine that will allow you to make deliberate practice a habit. Make a specific plan and block off time for it.

### Feedback

How will you get feedback on whether your deliberate practice is working and whether you're making progress towards your stretch goal? Write the steps.

### Reflection & Refinement

How will you build reflection into your deliberate practice routine? How will you identify what you need to change about your practice? Come up with a plan.



# Purpose

Core  
Values

Large empty rounded rectangular box for writing Core Values.

How could you change your current work in small but meaningful ways to enhance its connection to your core values?



Stop

Large empty rounded rectangular box for writing under the Stop category.



Start

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Continue

Large empty rounded rectangular box for writing under the Continue category.



# Hope



## Notes

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and focused.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...