# **TIPS FOR BOOSTING YOUR GRIT**

#### NURTURE YOUR INTERESTS

**Investigate, experiment and don't stop** until you find something that really motivates you. If something intrigues you, try it!

#### SET YOURSELF CHALLENGES

**Put yourself to the test every day** to sharpen your skills and practice constantly until you master them.

# **FIND A PURPOSE**

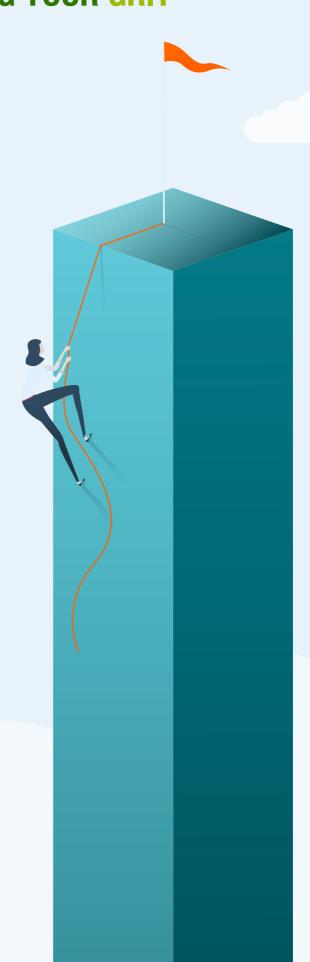
**Give meaning to your actions,** think about how you can benefit others and what you can do for the common good.

# **BE CONFIDENT**

When things don't go your way, don't feel despondent and give up. **Look on difficulties** as opportunities to learn and face them calmly, enthusiastically and with conviction.

### LEAN ON PEOPLE WITH GRIT

When in a group, we tend to mimic other people's behaviour. If you surround yourself with people with grit, you will boost your own grit.



**TOP STORIES**