

# TIPS FOR BOOSTING YOUR GRIT

1

## NURTURE YOUR INTERESTS

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

2

## SET YOURSELF CHALLENGES

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

3

## FIND A PURPOSE

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

4

## 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.

5

## 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.**

