

MONTA VISTA ATHLETICS  
CHARACTER LAB

# INTRODUCTION TO GRIT PART 2

<https://www.mvrunning.com/wp-content/uploads/2024/09/Session-1-Handout.pdf>



1

## SUMMARY OF DAY ONE

Grit was defined as the combination of sustained passion and perseverance for long term goals  
Grit is related to achievement and success

Talent is the rate—how quickly—that you can improve your skills with effort

While there are genetic influences for both grit and talent, both are malleable

2

## SOME FOLLOW ON THOUGHTS

- Grit is NOT slavish devotion to a goal
- Grit does NOT slay all obstacles
- Grit is NOT the only tool in your toolkit

3

## IF GRIT CORRELATES WITH SUCCESS AND ACHIEVEMENT...



4



## WHAT IS SUCCESS?

5



IT'S THE JOURNEY, NOT THE DESTINATION

6



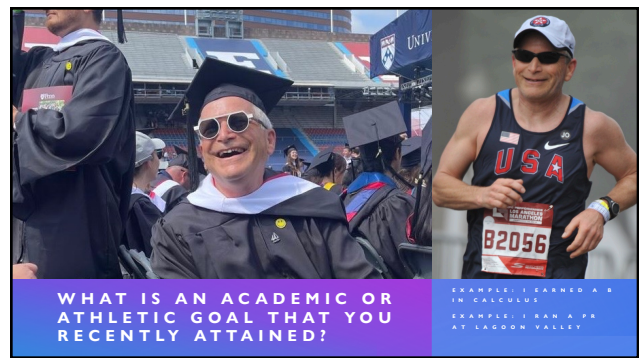
7



8



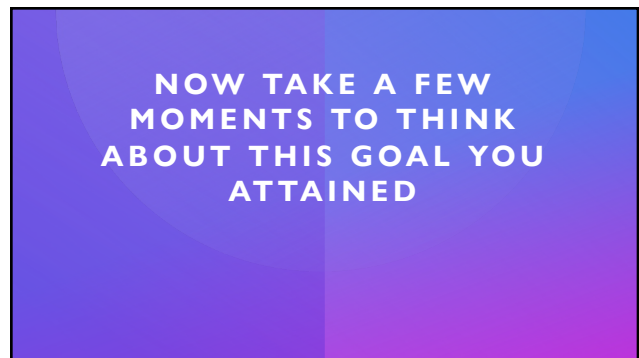
9



10



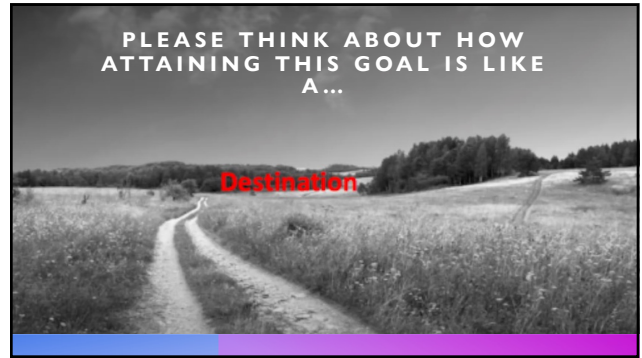
11



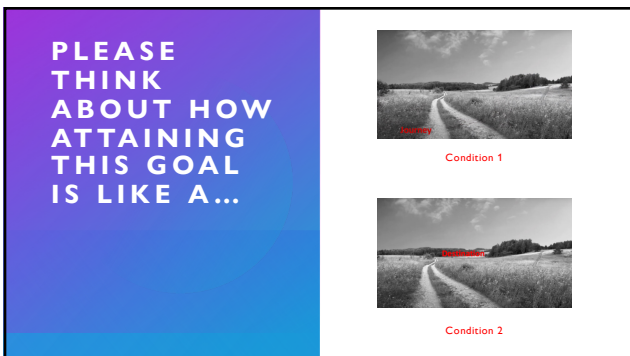
12



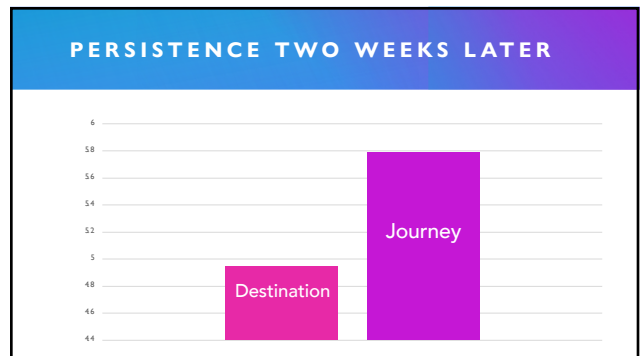
13



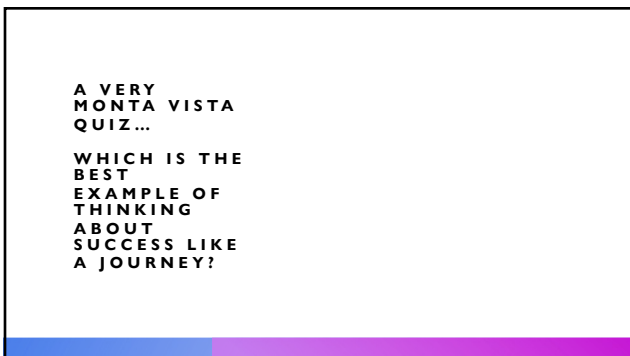
14



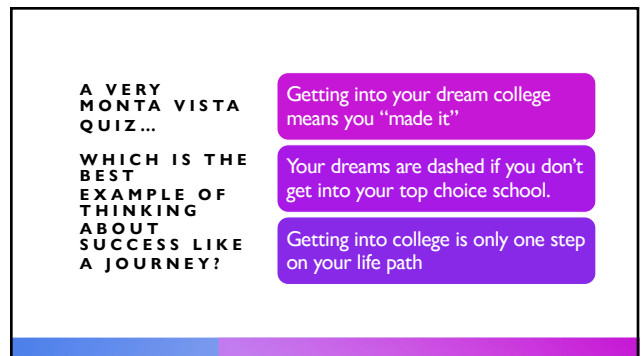
15



16



17



18

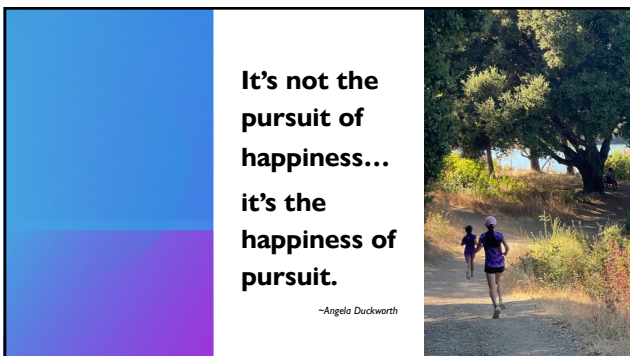




19



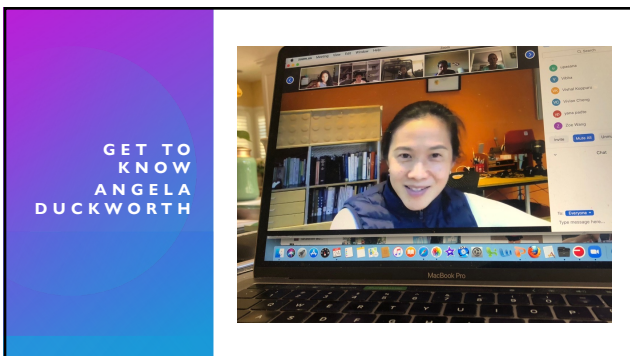
20



21



22



23



24

**WRAP UP**

Success is usefully thought of as a journey

An appreciation of grit should highlight, not obscure, context and opportunity

25