



## THE GRIT PLANNING TOOL

Develop a COVID-19 “grit” plan for yourself using this simple tool.

1. Set Your Goals	Your Answers
<p><b>1a.</b> What 2-3 goals do you want to accomplish over the next several weeks and months, while the world addresses the COVID-19 crisis?</p>	
<p><b>1b.</b> How do each of these goals connect with what matters in your life the most (e.g., being the first in your family to graduate, getting a good job, getting into a good medical school, being an example for others, maintaining employment to support your children and dependents, etc.)?</p>	
<p><b>1c.</b> For each goal, what is your “why”? What is the motivating value or principle behind your goal? What thought will make you leap out of bed to get that goal done?</p>	
2. Find Positive Resources	
<p><b>2a.</b> Who/what are resources of positive energy and affirmation for you—the people, the YouTube videos, the podcasts, the books, the affirmations, etc., that can serve as important reservoirs of strength to help manage your life during the COVID-19 DEI crisis and sustain you in tough times?</p>	
<p><b>2b.</b> Who are some of the negative people and relationships that will drain you? List them out and minimize your interactions with each person as much as you can.</p>	



<b>3. I.D. Challenges and Resources</b>	
<p><b>3a.</b> What are some challenges that you anticipate encountering over the next several weeks and months as you manage this stressful time?</p>	
<p><b>3b.</b> What resources exist to manage each of these challenges?</p>	
<b>4. Overcome Challenges</b>	
<p><b>4a.</b> Think about the toughest moment in your life where you succeeded. Describe it.</p>	
<p><b>4b.</b> How did you overcome that challenge? What strategy did you use? What resources did you tap? What made you keep going?</p>	
<p><b>4c.</b> How can your ability to overcome that past challenge inform your ability to sustain yourself at this time?</p>	
<p><b>The Cookie Jar:</b> Think about your past experiences overcoming challenges as cookies in a jar. Every time you are challenged dealing with COVID-19, think about past these successes and know that you are enough, that you can overcome this and, indeed, all difficulties when you just keep working, keep walking, keep learning and stay connected to your support system. During these moments when you need something to keep going, pull a cookie out of the jar and remember you have done this, can do this.</p>	

Source: Adapted from Baruch-Feldman (2017). *The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-control and a Growth Mindset*. Oakland, CA: Instant Help Books.