

# Grit: Nurturing Perseverance

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# Grit:

- Webster Definition:  
Firmness of mind;  
invincible spirit;  
unyielding courage;  
fortitude
- Big John's Definition:  
The ability to draw on a  
reservoir of strength when  
faced with adversity in  
order to persevere when:
  - Overcoming obstacles
  - Pursuing passions
  - Working towards a long  
term goal

# How to Develop Grit

- Focus on Strengths
- Take on a “Fail Forward” Growth Mindset
- Learn to Work Towards a Goal
- Develop Support Systems
- Enhance Emotional Coping Abilities
- Recognize Your Areas of Control
- Nurture Courage & Embrace the Suck!

# Identifying Strengths

<b>Creativity</b>	Imagination	Artistic ability	<b>Observation Skills</b>
Sensitive	<b>Visionary</b>	Musical ability	Service oriented
Tenacious	<b>Resilient</b>	Athletic ability	Sense of humor
Daring	Individualist	<b>Risk taker</b>	Mechanical ability
<b>Intuitive</b>	Spontaneous	Strong willed	Multi-task ability
Compassion	<b>Passion</b>	Calculating	Divergent thinking
Inventiveness	Vigorous	Quick wit	<b>Adaptable</b>
<b>Flexible</b>	Inspiring	Caring spirit	High energy

# Challenge to Strengths Conversion

Distractible	vs.	Multi-task able
Stubborn	vs.	Tenacious
Procrastinates	vs.	Deadline Dependent
Disorganized	vs.	Flexible
Daydreamer	vs.	Creative
Oversensitive	vs.	Intuitive
Rigid	vs.	Structured
Manipulative	vs.	Leader

# Failing Forward with Confidence

- Successful Adults with Learning Disabilities and ADHD have learned how to become problem solvers and turn challenges into opportunities
- Learn to view failure as part of the learning process: “Well, now I know that doesn’t work.”



*“There is no such thing as a problem that does not hold a gift for you in its hands.”*

Richard Bach

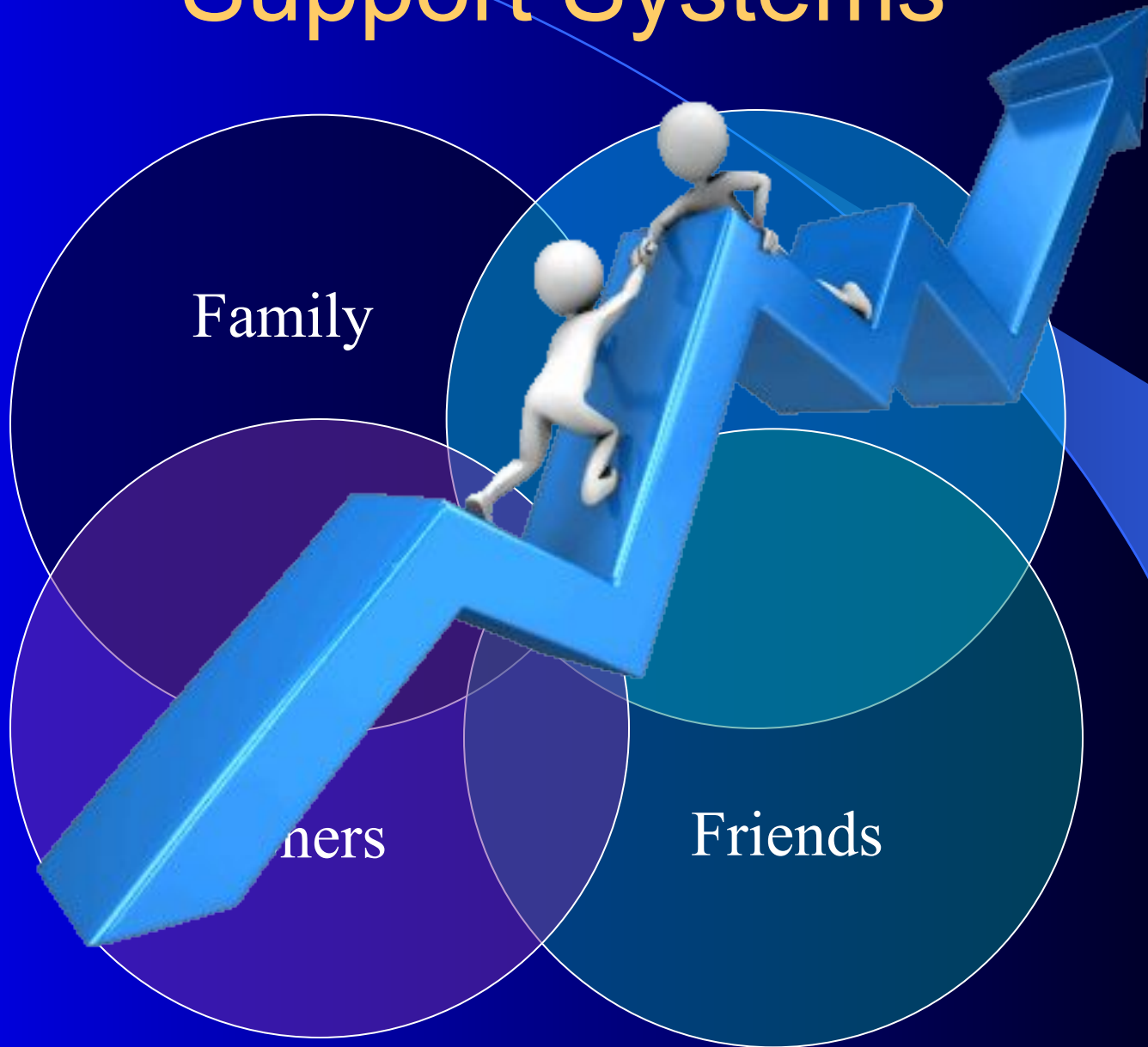


# Goal Setting: Problems Become Opportunities

- Teach the APIE Method of Problem Solving
  - Assess
  - Plan
  - Implement
  - Evaluate



# Support Systems



Family

Partners

Friends

# The 6 C's of an Effective Support System

- Consistent and steadfast
- Communication between parties
- Clear & realistic expectations
- Cancel the “Sink or Swim” mentality
- Calculate the cost of failure & mitigate
- Coaching –
  - “Permission to Coach” vs. “Here is what you did wrong”



# Emotional Coping

- Use relaxation techniques when you become frustrated, then come back to the problem
- Practice taking time outs or develop a strategy to de-escalate when frustrated
- Develop appropriate ways to express your anger and vent
- Use Your Support Systems
- Learn to Self-Advocate

# Control your Environments

- Make a list of common environments
- Determine typical distractions
  - Noise, temperature, people, clutter, T.V., windows, activity, etc.
- Make a plan to deal with each

# Control your Response-Ability

- Door frames are opportunities to decide how to approach a room.
- New opportunities are a fresh start
- Take responsibility for mistakes – Don't apologize for being you.
- Choose only friends who encourage you positively
- Create a personal mission statement including: strengths, values, and goals
- You can control effort, not results

# Be Courageous

- Understand fear:
  - Fear that keeps you from making a bad choice
  - Fear that keeps you from an opportunity
- Set up a situation to “overcome fear”
- Choose courage over comfort
- Seek feedback with specific intention
- Embrace the Suck to get to the Joy

The background is a dark blue gradient. A thin, light blue curved line starts from the top left and arcs across the middle of the frame. A larger, semi-transparent blue shape, resembling a spotlight or a lens flare, is positioned in the lower right quadrant, pointing towards the center of the text.

“Where’s Your Grit”



