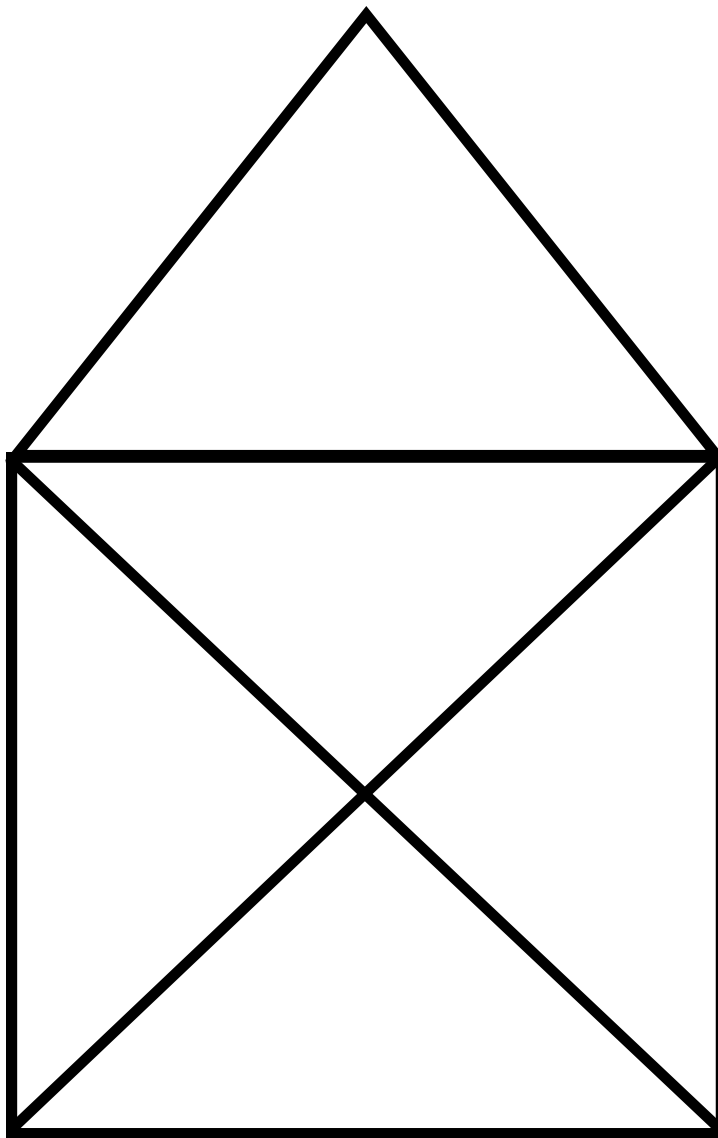


# Building GRIT in your students

4 aspects of GRIT:

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# Growth Mindset vs. Fixed Mindset

**Control your will**

**Deliberate Practice**

**Taking Responsibility**

**Having Hope**