

I AM

(Name)

&

# I AM ONE



10,000 *Degrees*<sup>®</sup>

## GRIT REVIEW

San Rafael High School  
2016-2017

# GRIT REVIEW

# GRIT

IS PASSION AND PERSEVERANCE FOR  
VERY LONG-TERM GOALS

GROWTH  
MINDSET

MORE  
GRIT

GREATER  
SUCCESS

## FIXED MINDSET

BELIEVES TALENT IS INBORN

Desires to be seen as perfect and talented, so...

HE AVOIDS  
CHALLENGE

GIVE UP  
EASILY

SEES  
EFFORT AS  
TEMPORARY

GETS  
FRUSTRATED  
OR IGNORES  
FEEDBACK &  
CRITICISM

FEELS  
THREATENED  
BY OTHERS'  
SUCCESS



## GROWTH MINDSET

BELIEVES ABILITY CAN BE DEVELOPED

Ultimate desire is to learn and improve, so...

HE EMBRACES  
CHALLENGE

PUSHES  
THROUGH  
SETBACKS

BELIEVES  
HIS EFFORT  
IS MOST  
IMPORTANT

USES FEEDBACK &  
CRITICISM AS A WAY TO  
IMPROVE

IS INSPIRED BY  
& LEARNS FROM  
OTHERS' SUCCESS

