

“If you’ll just try and be stubborn about trying, you can do whatever you set your mind to do.”

Supreme Court Justice, Sonia Sotomayor

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Corresponding Behaviors That Lead to Developing Determination

Positive Character Strength	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Overall Score
Determination								
1. Tries very hard even after experiencing failure.								
2. Practices alone with focus.								
3. Works with enduring tenacity to accomplish goals.								

SCALE

- 1 = Very much unlike me
- 2 = Unlike me
- 3 = Somewhat like me
- 4 = Like me
- 5 = Very much like me

Self Reflection - (Look back at the week)

How did it go?

What went well?

Where can you use feedback to get better?