

# G.R.I.T.

Grit is a positive character trait based on an individual's passion for a particular long-term goal or end state, coupled with powerful motivation to achieve this objective.

## Guts

- Courage
- Determination
- Toughness of character
- Pluck, spirit, boldness
- Fortitude/backbone
- Overcoming fear

## Resiliency

- Bounce Back
- Overcoming adversity and hardship
- Recover and Reinvigorate
- Hardiness

## Intensity

- Focus/concentration
- Drive
- Fierceness
- Determination
- Strength
- Ardency/passion

## Tenacity

- Perseverance/Persistence
- Tireless purpose
- Resolution/Commitment