



## GRIT RESOURCES

- Take Angela Duckworth's GRIT scale [2-3 minutes]  
<https://angeladuckworth.com/grit-scale/>
- Watch Angela Duckworth's Ted Talk [6 minutes]  
[https://www.ted.com/talks/angela\\_lee\\_duckworth\\_grit\\_the\\_power\\_of\\_passion\\_and\\_perseverance?language=en](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en)
- A Lesson in Grit from Angela Duckworth [3:48minutes] -- GRIT Lab Penn University <https://youtu.be/MFqllfwulDA>
- Visit MillerKnoll's [GRIT](#) Scout board
- GRIT Workbook for further reflection [CLICK HERE](#)