

MillerKnoll

Insight Series Webinar: GRIT
March 23, 2022



For additional reading try Angela Duckworth's book at your favorite book reseller.



HOW TO BUILD GRIT

STRATEGIES	TACTICS
Pursue interests	
Practice, practice, practice.	
Connect to a higher purpose.	
Cultivate hope	
Surround oneself with gritty people	

GRIT – HOW TO SUPPORT IT IN SOCIETY

How will you set an example?

How will you encourage teamwork?

How will you connect the qualities of the group to the goals of the group?

How will you make sure you don't over-regulate so people can develop their own GRIT behaviors?

Next Steps

- Each day this week focus on one of the five characteristics. Observe how that characteristic shows up for you. Where would you like it to show up more often?
- What five behaviors can you hold yourself accountable to that would increase your chances of reaching the goals you set?