

## Grit OCTOBER 2022



### SAY IT:

Grit means refusing to give up when life gets hard.

### KNOW IT:

#### ASK A GROWN UP:

- What's the hardest thing you have ever had to do in your life?
- Did you ever feel like giving up?
- What made you want to keep going even when it got hard?

#### ASK A KID:

- Have you ever wanted to give up when you faced a challenge? How did it feel to keep on going and finish the challenge?
- Have you ever given up and wished you had kept on trying?

### SEE IT:

Plan a family movie night and watch *The Gabby Douglas Story* (you may have to rent it on a streaming platform.) As a young girl, Gabby Douglas had a dream so she set a very ambitious goal for herself. She faced challenge after challenge. Every time she made progress, she faced another challenge that seemed almost impossible to overcome. If you are familiar with her story, you already know her grit paid off in a big way. If not, get ready to be inspired to never give up on your dreams, no matter how hard life gets.

### BE IT:

This month, set a family goal that will be hard to reach. Choose something that will take grit. When it starts getting tough, encourage each other to refuse to give up, even when it gets hard. Pick something fun, like practicing a sport for an hour every day. Maybe something healthy, like walking 2 miles each day. Or something for your brain, like reading 5 books as a family. How about something practical, like a saving goal or a home improvement project? You may even want to set individual goals that you can encourage each other to accomplish and keep motivating one another to never give up.

# PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

**The more you know them, the more they will...**

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

**So don't miss it.** The better you understand who your kids are now, the better they'll understand who they're meant to be.