# **Unit 3.3 Failure, Quitting and GRIT**

## My Grit Ladder Worksheet

1. Start by writing your LONG-TERM GOAL at the top of the ladder.
2. Below it, identify what you need to accomplish just before getting to that top-level goal.
3. Continue working down the ladder, writing down each goal needed just before the one above it, until you have arrived at a specific action step that you can do in the next 48 hours.

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| **Long-term Goal**: |
| Next Step: |
| Next Step: |
| Next Step: |
| Next Step: |
| Next Step: |
| Next Step: |
| Next Step: |
| Next Step: |
| First Step: |

