# **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**:Attend CICE Program at College |
| **Next Step:**Accept Offer of Admission from College |
| **Next Step:**Prepare For and Attend Interview |
| **Next Step:**Complete Application and Email to College |
| **Next Step:**Apply to College on College Application Website (OCAS) |
| **Next Step:**Attend College Open House and Information Night |
| **Next Step:**Attend a Shadow Day at The College |
| **Next Step:**Set Small Goals for Achieving Skills Needed |
| **Next Step:** Look at The College Website for Skills Needed |
| **First Step:**Talk to My Teacher about the CICE Program at College |

