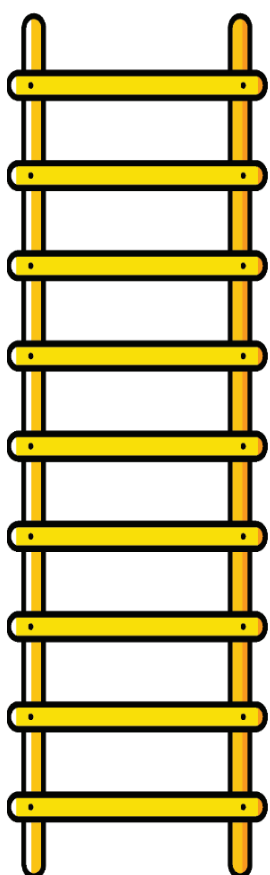


Unit 3.3 Failure, Quitting and GRIT

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.

	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

