

## Unit 3.3 Failure, Quitting and GRIT

### When You Want to Quit Worksheet

Sometimes things can seem a bit too much and you feel like you want to quit. You might be working on something that is difficult and you are tired and overwhelmed.

Think about the following areas in your life and what you can do to feel less tired and overwhelmed.

1. Do you usually get enough sleep? (8-10 hrs a night)

- Yes
- No

If you are not getting enough sleep, what can you do? (*Ex. Go to bed earlier, take a nap, turn off electronics earlier*)

2. Do you get physical movement every day?

- Yes
- No

If not, what can you do to get more physical movement in your day? (*Ex. Go for a walk, walk your dog, bike ride, dance*)

3. Do you ask for help when you are feeling overwhelmed?

- Yes
- No

Who can you ask for help when you are feeling this way?

4. Do you take a break when you are feeling stressed?

- Yes
- No

It can help to take a 5–10-minute break and do something else. What things can you do when you take a short break? (*have a snack, listen to music, talk with a friend*)

