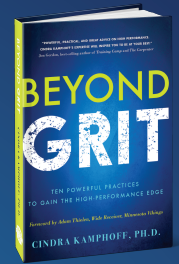


GRIT BOARD

INSTRUCTIONS



To help you get gritty and develop the High Performance Mindset, develop a Grit Board.

To start, get a 11 x 17 poster board and some markers or pens. You can keep the Grit Board handy as you read *Beyond Grit*, and record key phrases or your answer to the exercises on the board. Or, you can make the Grit Board after reading *Beyond Grit*.

The summary pages in *Beyond Grit* provide all of the recommendations of key phrases and your answers to exercises in that practice to record on your Grit Board.

Here are Cindra's recommendations to include on your Grit Board:

KEY EXERCISES TO RECORD ON YOUR GRIT BOARD:

- Your 1 Year Goals (Practice 1)
- A Few of Your 5, 10, or 20 year goals or your 5-10-20 Year Vision (Practice 1)
- Your Purpose Statement (Practice 2)
- Your "Why" Written in Single Sentence (Practice 2)
- What You are Fighting For (Practice 2)
- 4 Power Phrases to Use Daily (Practice 3)
- 5 Words the Describe Your MVP Level (Practice 4)
- Your APE Phrase (Practice 5)
- 2-3 Process Goals to Stay Gritty (Practice 6)
- 3 Empowering Emotions You Consistently Want to Feel (Practice 7)
- 1 Happiness-Improving Question (Practice 7)
- 3 Words The Describe Doing You (Practice 8)
- A Growth Mindset Phrase (Practice 9)
- A Gold Medal Goal You are 100% Committed To (Practice 10)

KEY PHRASES TO RECORD ON YOUR GRIT BOARD:

- No Grit, No Pearl
- Own My Why
- "I will...I can...I am..."
- Respond, Not React
- Find My Flow
- Dominate the Controllables
- Think Like a 60-Year Old
- Awareness First, Choice Second
- Own the Moment
- Choose Positivity
- Do Me
- I Just Haven't "Yet"
- Learn, Burn, Return
- Choose My Courage Zone

When your grit board is complete, frame it and hang it in your home, office, or locker room.
Cindra's Grit Board is posted right by her computer.

Share a picture of your Grit Board and post it on social media to inspire others.
Tag Cindra on Twitter @Mentally_Strong or Dr. Cindra Kamphoff on Facebook.

