Conscious Grit:

**from stuck to unstoppable ©**

Personal Project One - Which Zone Are You In?

 Step One: Think of a situation that you are trying to resolve, change or get unstuck from. It might be as simple as my lemon tree challenge; it might be an unexpected crap-hand or somewhere in between.

Step Two: Tick the elements of each zone that you can relate to when thinking about your current situation.

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|  | **The Zone of Unconscious Grit** | **The Zone of Conscious Grit** |
| Characteristics | Determination |  | Determination |  |
| Perseverance |  | Perseverance |  |
| Tenacity |  | Tenacity |  |
| Little c courage |  | Big C Courage |  |
| Resilience |  | Resilience |  |
| Behaviours | You don’t maximise your full potential  |  | You’re determined to maximise your full potential |  |
| You use effort to do your best |  | You use effort to do your best and have a plan and goals |  |
| You don’t realise you can be your own champion |  | You know you can be your own champion |  |
| You are on automatic pilot |  | You’re planned and purposeful |  |
| You just do it to get it done  |  | You plan to get it done in the best way possible |  |
| You have a day to day focus |  | You have a day to day focus plus a future focus |  |
| There is limited evidence of planning past the day to day |  | There is evidence of planning that has a future focus |  |
| You’re over-tolerant to keep the peace  |  | You draw the line at what will be tolerated |  |
| If you try you might fail and that will bring shame |  | If you try and it doesn’t work out, you see it as a learning opportunity  |  |
| You rarely, if ever, share the load |  | You share the load often |  |
| You don’t seek advice often, if at all |  | You seek advice often, evaluate it and use it |  |
| You’re too busy surviving to realise you are learning |  | You look for learning opportunities when you manage the challenges |  |
| Giving up is not an option |  | Giving up is not an option but you want to see changes and results as evidence of progress |  |
| Metaphors | It feels like you’re swimming in treacle |  | It feels like you’re swimming in water that continually changes, and you adapt to it |  |
| It feels like you're spinning your wheels |  | It feels like you have traction |  |
| It feels like you’re carrying water in a sieve |  | It feels like you’re carrying water in a leakproof container |  |
| Internal dialogue | I can’t, I won’t, I’m scaredIt’s MY responsibilityIt’s MY mess. I’ll fix it by myself |  | I’ll try, I can, I did itIt’s MY responsibility and I’m drowning under the weight of it. Can you help me?It’s MY mess. I wouldn’t mind running my ideas to fix it past you. |  |
| After completing this, which zone are you using to get unstuck, or resolve a challenge or problem? Circle one: Unconscious Grit or Conscious Grit |

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