Conscious Grit:

**from stuck to unstoppable©**

Personal Project Eight - The Changemaker Framework

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| First….. | * Acknowledge that you are stuck and are in the zone of unconscious grit. know that you are tenacious, determined, resilient, persistent and using ‘little c’ courage; these are all positive traits. * Find and catch a tipping point * Move into in the zone of conscious grit * Put on your Cloak |
| Then ….. | * Appoint your ‘kitchen cabinet’ – the small group to be your supporters and the people you go to for a reality check when you need it; the people you trust implicitly. |
| After that ….. | * Set SMART goals and commit to some deliberate planning about what you will do and when. |
| And then ….. | * Identify who you need in your network for practical support. Get your growth mindset happening and commit to maintaining it throughout. |
| Further …… | * Realise that life is a dance. You will learn lots of new dances. Some will be harder than others. Commonly they will involve steps forward, back, sideways, with some random twirling and a possible loss of balance. |
| Don’t forget to …… | * Recognise progress, celebrate and value the contributions of others. |
| And then …… | * Repeat. Persist. Tweak. Repeat. Persist. Tweak. Repeat. |

Put this on your wall!

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