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
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| 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.
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| After that ….. | * Set SMART goals and commit to some deliberate planning about what you will do and when.
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| And then ….. | * Identify who you need in your network for practical support. Get your growth mindset happening and commit to maintaining it throughout.
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| 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.
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| Don’t forget to …… | * Recognise progress, celebrate and value the contributions of others.
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| And then …… | * Repeat. Persist. Tweak. Repeat. Persist. Tweak. Repeat.
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Put this on your wall!

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