

Power Tool #1: GRIT

Step 1: Words to Know

Directions: Review and master each term before watching the video.

TERM	DEFINITION
Persistence	firm in a course of action in spite of difficulty or opposition
Motivate	increase (someone's) interest in or enthusiasm for doing something
Intensely	with extreme effort or attention
Obstacle	a thing that blocks one's way or prevents or hinders progress
Discouragement	a loss of confidence or enthusiasm
Persevere	continue in a course of action even in the face of difficulty or with little or no prospect of success
Vital	absolutely necessary or important; essential

Step 2: Watch the Video: Power Tool #1 - GRIT

Directions: Access the video from the Crossover Training web site: www.crossovertraining.org. Go to Power Tools and then click on Power Tools Units.

Step 3: Memorize Power Pledge Verse

Directions: You must memorize this verse of the Crossover Power Pledge.

I have Grit. When things get **hard**, I work **harder**.

Step 4: Take the Power Tool #1 - GRIT Quiz

Directions: Access the quiz from the Crossover Training web site: www.crossovertraining.org. Go to Power Tools and then click on Power Tools Units. There are two quiz levels. Junior quizzes are for elementary grades through sixth grade. Pro quizzes are for grades seven through high school.

Step 5: Recite Power Pledge Verses Learned So Far

Directions: You must successfully recite all the verses of the Power Pledge you have learned so far to a Crossover tutor or staff member in order to have it signed off on your Power Tools Log.

Hints: I am a powerful person ... I have GRIT ...