



CHECKLIST

RELENTLESS DRIVE

**HOW TO CULTIVATE GRIT AND THRIVE IN THE FACE
OF ADVERSITY**

Relentless Drive Checklist

Relentless Drive: How To Cultivate Grit And Thrive In The Face Of Adversity

Grit and resilience are essential if we are to not only survive in the face of adversity but to thrive. This is where relentless drive comes into play – finding ways to boost our ability to cope even when nothing seems to be going our way so that we can become unstoppable. The importance of persistence, perseverance and perspective when it comes to moving forward in strength and success.

Grit, Resilience and the Growth Mindset – A Key Trio

When it comes to adversity and facing the problems that we all encounter in our lives it's important to develop both grit and resilience – both are essential to the growth mindset that we all need to be able to adapt to change and thus overcome challenges.

There are five steps to developing the growth mindset that you need to develop relentless drive:

- Focusing on your choice of language – giving yourself praise and using language that gives you credit for the effort and strategy that you've put in

- Surrounding yourself with positive thinking people to help you develop a positive mindset.
- Adopting flexible patterns of thinking.
- Setting goals that align with your own purposes
- Building time into every day for reflection

A Look At Two Key Components In Relentless Drive - Grit And Resilience

Grit is:

- Perseverance
- Passion for a meaningful long-term goal
- Commitment to boring, difficult or challenging tasks

Resilience is:

- The ability to recover from difficult events and bounce back
- Working through suffering and emotional pain and coming out stronger and more positive
- Able to tap into their own support systems and strengths to overcome challenges

Without grit and resilience, talent can amount to nothing but unmet potential. It's only when you put in effort that your talents become skills that can lead to success.

The Importance Of Resilience And Grit To A Growth Mindset

Resilience and grit are vital to the growth mindset that is so essential to developing relentless drive in every walk of life.

Resilience and grit is especially important in the workplace where challenges are especially common. Becoming resilient at work is a skill you can learn. Resilient employees:

- Build strong connections and relationships with others
- Are team players
- Have good communication skills
- Foster positive emotions with others
- Engage in self-care to avoid burnout
- Are true to themselves and behave in ways that align with their own values and beliefs
- Are determined to achieve ambitious goals
- Perceives their work as meaningful
- Are flexible and adaptive to change

You can develop more resilience by:

- Taking a positive stance
- Putting energy and motivation into your work
- Having emotional insight
- Developing a healthy work/life balance
- Fostering spirituality
- Becoming reflective

Resilience and grit in your personal life are also important to help you:

- Improve your academic achievement and learning
- Reduce your chance of becoming dependent on drugs or alcohol and reduces your risk-taking behaviors
- Increase your involvement in family and community activities
- Improve your physical well-being

Cultivating Grit In Practice

You can cultivate grit in practice by:

- Knowing what you want. Being aware of your goals and visualizing them so you can work harder, persevere more and carry on despite negativity.
- Knowing why you are doing the things you do.
- Loving the choices you've made so you can be motivated enough to overcome challenges.
- Embracing the fear of failure.
- Ignoring those who criticise you.

GRIT – An Acronym

GRIT is an acronym that explains why grit is so important to relentless drive:

G = Growth – the ability to rise above the situation in which you find yourself and to seek new ideas to improve yourself.

R = resilience – being able to bounce back from failure and to be improved and strengthened by adversity.

I = Instinct – pursuing the right goals and changing your strategy to improve your chances of success.

T = Tenacity – having a single wholehearted push and effort to let you improve your success.

Grit And Risk Taking

Taking risks isn't the same thing as grit. While there are connections between the two, risk taking can be a bad form of grit. Grit comes in good and bad forms.

Bad grit is:

- Pursuing goals in a way that has a negative impact on others.
- Relentlessly pursuing goals in a way that leaves you mentally and physically drained.
- Stubbornness.
- Good grit is:
Pursuing ambitions in a way that benefits others and you.
- Able to change approach when tactics aren't working.

- Able to reassess situations to achieve goals.

Good grit is essential for success over adversity.

Grit And Personal Wellness

Lacking resilience can negatively impact on your mental well-being. Without resilience, you can be overwhelmed by problems and can even turn to maladaptive coping strategies like excess alcohol or drug-taking.

Resilience can be developed and it will help protect your from mental health issues.

Resilience can be improved by:

- Building positive and strong relationships.
- Making every day have meaning.
Learning from experiences.
- Staying hopeful.
- Caring for yourself.
- Being proactive.

10 Top Tips For Becoming More Resilient For Relentless Drive

There are ten tips to follow to help you boost resilience and grit in your life so you can thrive and succeed in the face of adversity:

1. Be Sociable – have people around to confide in and talk to about problems.
2. Take control – start working on how to resolve issues immediately.
3. Expect change – learn how to adapt to different circumstances.
4. Move continuously forward – don't run from the things that frighten you – face them.
5. Commit to decision making – make decisions then stick with them. If they're wrong, learn from them and move in a different direction.
6. Learn about yourself – recognize what makes you unique and strong and own them.
7. Banish negative self-talk – listen to your own negativities and replace those thoughts with positive ones.
8. Accept bad things happen – don't dwell on the past and talk positively when you make a mistake.
9. Practice optimism – believe life can be better and be thankful for what you have.
10. Practice compassion – focus on nurturing yourself and give yourself some self-care.

Follow this advice, and you'll find that you become more gritty, more resilient and have the relentless drive that you need to overcome adversity and thrive time and again.