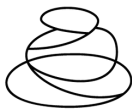


GRIT & Gratitude

Emotional Interval Training



GUIDED
RESILIENCE

NOVEMBER GRIT & GRATITUDE CHALLENGE

High Intensity Bursts of Grit
with Intermittent Mindful Pauses for Gratitude

GRIT:

Choose one of your top strengths to dig into and express with passion, perseverance, and power. Visit VIA Survey of Character Strengths for your FREE report of your strengths or choose from the wheel (pg.2)

GRATITUDE:

Schedule a Mindful Pause every 90 minutes (or at an interval appropriate to your needs/schedule) to practice gratitude. Stop...Breathe...Think...and Choose to savor the sustainability of **effort and ease** in how you work, live, and relate to others.

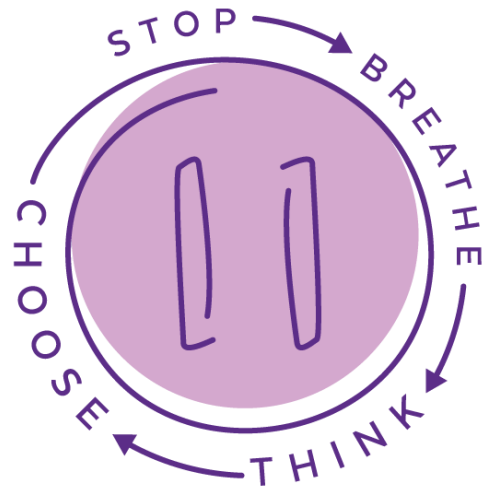
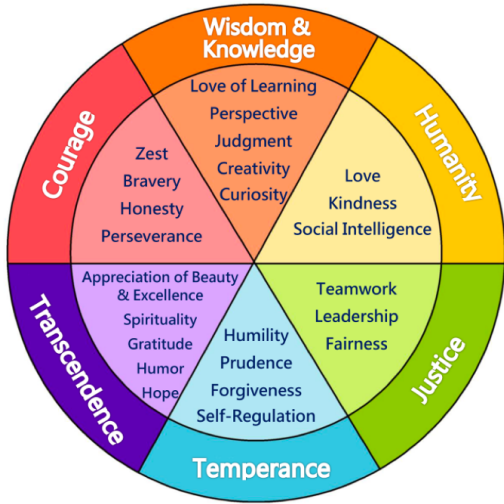
TRAINING SCHEDULE:

Daily or weekly choose a strength to focus on.

Determine how you will schedule Mindful Pauses to savor and amplify the good.

Use the record-sheet below to record your experiences.

Record-keeping is an evidence-based strategy for sustainable and consistent change.



GRIT

Gratitude

Record your strength
aim here

Savor your gratitude
below

