

G.R.I.T

Gratitude, Resilience, Intention, Tenacity

G.R.I.T embodies the essential qualities of appreciating others, bouncing back from adversity, upholding strong ethical standards, and maintaining openness in all actions.

These values are fundamental to fostering a positive and trustworthy organizational culture, enhancing team morale, and driving long-term success by building strong relationships and ensuring consistent, moral behavior.

G

Gratitude

Appreciating and valuing positive contributions.

R

Resilience

Bouncing back from setbacks and adapting to change.

I

Intention

Acting with honesty and strong ethical principles.

T

Tenacity

Being open and clear in communication and actions.



www.xapa.com



G.R.I.T Choosing Resilience

Choosing resilience involves managing reactions to external influences, balancing support and self-care, and embracing the four cornerstones of resilience. This approach promotes realistic optimism, role model inspiration, and leadership through service.

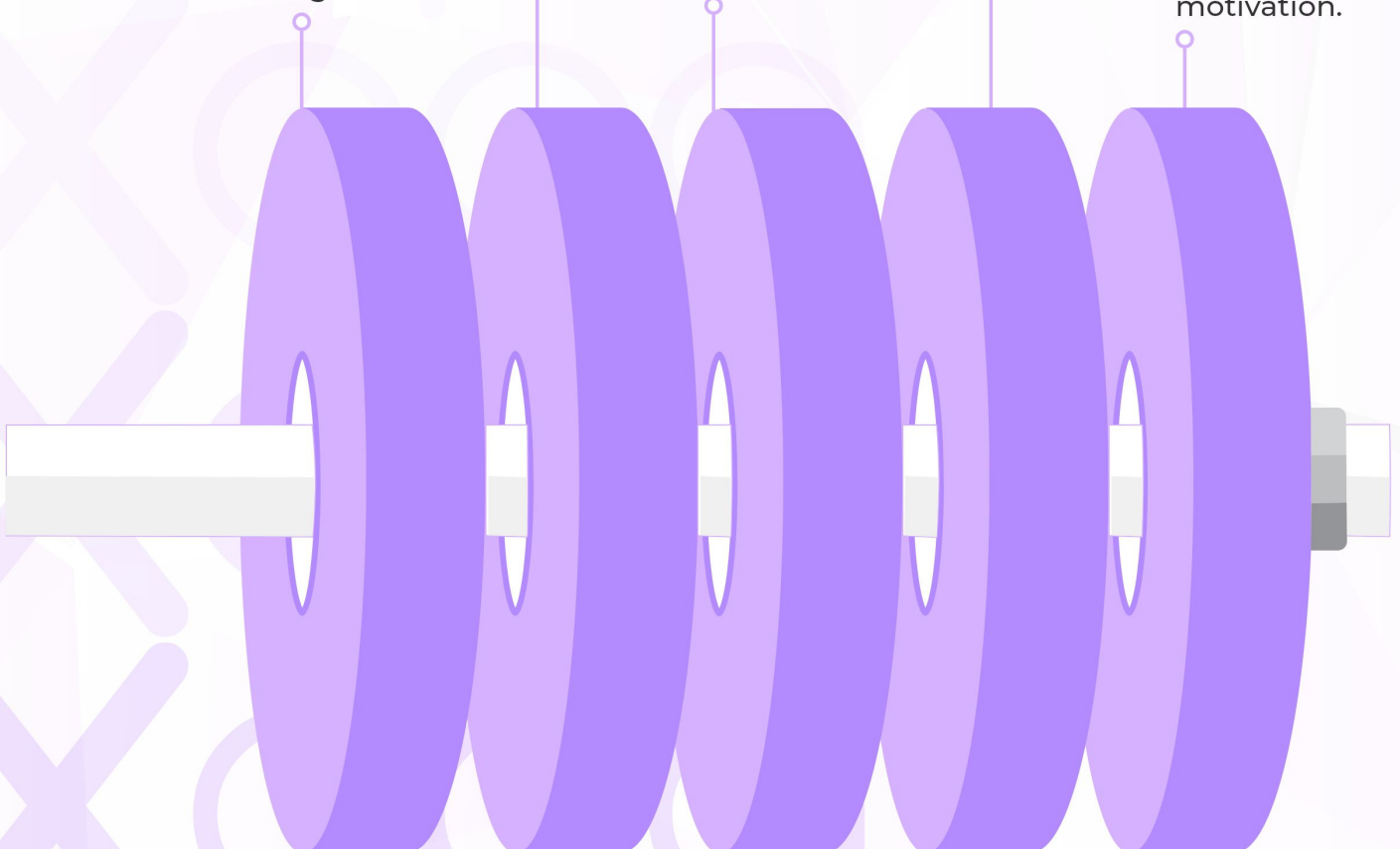
Choose Self-Care
Prioritize your well-being.

Be More Decisive
Make confident decisions

Follow Role Models
Emulate resilient people.

Enhance Self-Awareness
Know your strengths and flaws.

Embrace the Cornerstones
Cultivate confidence, optimism, pragmatism, and motivation.



Top 10 Teaching Points

1
Sometimes things outside your control may attack your mental state.

2
How we dress affects our personality, behavior, and how we interact with others.

3
Providing too much support to others at the expense of your well-being can do more harm than good.

4
The Four Cornerstones of Resilience are Confidence, Optimism, Pragmatism, and Impetus to move forward.

5
Realistic optimism is acknowledging our own challenges toward overcoming personal challenges and reframing them as controllable and temporary.

6
Build resilience by being more decisive, becoming more self-aware of your own strengths and flaws, and being willing to step outside of your comfort zone.

7
Following in the footsteps of admirable people who share your values may inspire you to chase bigger and better accomplishments.

8
If you're fortunate enough to interact with or meet your role model personally, have clear goals about what you want from the interaction.

9
Your "Zone of Influence" (ZOI) is an area you can have a positive impact in that's affected by physical, social, or political factors as well as access to resources, authority, relationships, or expertise.

10
By mentoring and cultivating the potential of those who look up to you, they can reach their fullest potential.

KEY TAKEAWAYS

01 | Balancing Support and Self-Care

02 | Four Cornerstones of Resilience

03 | Realistic Optimism and Challenge Reframing

04 | Role Models and Inspiration

05 | Zone of Influence (ZOI)