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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.



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G.R.I.T Meeting your Intention

Aligning goals with long-term intentions ensures a clear direction in life. This process involves defining clear intentions, surrounding them with actions, and balancing short-term goals with a long-term focus.



Be Open About Your Intentions

Clarify what your intentions are and reflect on how to achieve them.



Define Your Intentions

Write down your intentions clearly and specifically.



Be Positive About Your Intentions

Maintain a positive mindset and believe in your ability to achieve your goals.



Create a Strategy to Reach Your Intentions

Develop a step-by-step plan, considering the necessary resources and actions.



Become Intentional in Your Actions

Ensure your daily actions are purposeful and aligned with your intentions.

Top 10 Teaching Points

1

Unlike short-term goals, Intention is about finding "the map" for the direction of your life.

2

Knowing who you wish to be, allows you to ask yourself: "does this bring me closer, or further away from my intention?"

3

Write down your intentions for the year and ask yourself what goals would support your achievement of those intentions.

4

Clearly define and simplify your intention, then vocalize or write it down with positive framing.

5

Surround your intention with positive actions.

6

Once you'd set your intention, create a strategy and determine whether it makes sense with input from others.

7

Getting caught up in shorter-term goals may pull our focus from our intentions.

8

Maximize your daily output and "find the time" by planning each day, organizing your life, prioritizing, and delegating.

9

Just as you can attract positive outcomes with your intention, you can also attract negative.

10

It takes time and effort to become more intentional and you will have setbacks and failures along the way.

KEY

TAKEAWAYS

01

Aligning goals with intention

02

Overcoming setbacks

03

Creating a supportive environment

04

Balancing short-term goals and long term focus

05

Building confidence and taking action