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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

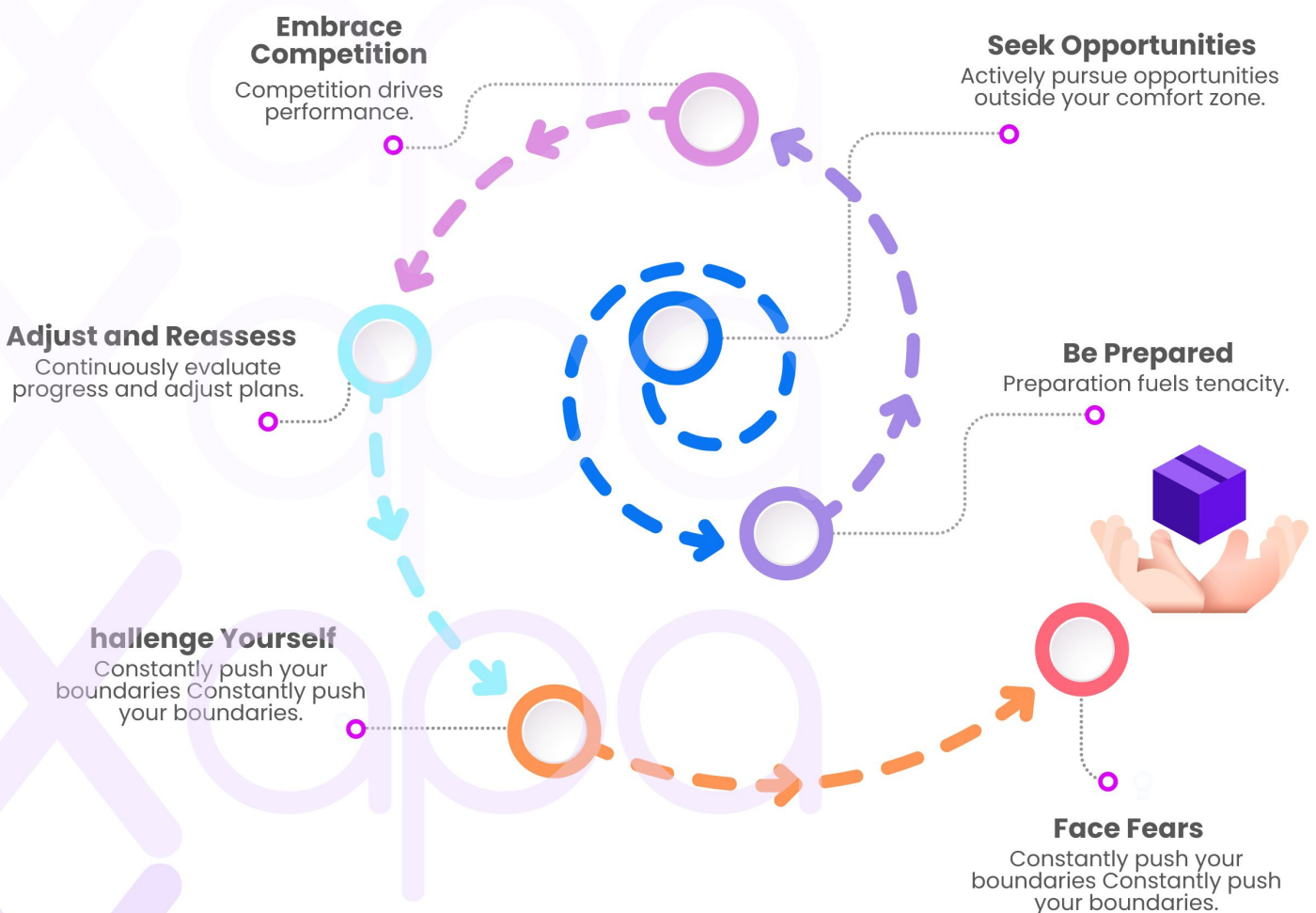
Tenacity

Being open and clear in communication and actions.

G.R.I.T

Tenacity

Tenacity is crucial for overcoming challenges and achieving goals. This approach emphasizes persistence, proactive pursuit of opportunities, regular goal review, and celebrating progress while balancing well-being.



Top 10 Teaching Points

1

Tenacity is summed up by the Japanese proverb, "Fall down seven times, get up eight."

2

Tenacity is hard to maintain if you don't see the value of your intention.

3

People tend to be more tenacious and perform better when they have competition.

4

You cannot wait for opportunities to come to you: you must get out of your comfort zone and seek them out.

5

Periodically reviewing your goals and strategies enables you to assess your progress, adjust whatever is necessary, and reconsider new approaches.

6

The most tenacious people are often the most prepared.

7

When building more tenacity, it's important to regularly challenge yourself to stick with a task when it becomes its most difficult.

8

Unacknowledged fear is the enemy of tenacity: rather than pretend you're fearless, accept your biggest fears.

9

Being too persistent has been shown to lead to burnout, damage relationships, and diminish creativity and innovation.

10

Always look for your next steps but also pause to celebrate progress and each victory, however small.

KEY

TAKEAWAYS

01

Periodic Review and Celebration

02

Embracing and Managing Fear

03

Challenging Yourself

04

Balancing Tenacity and

05

Assessing and Valuing Intention