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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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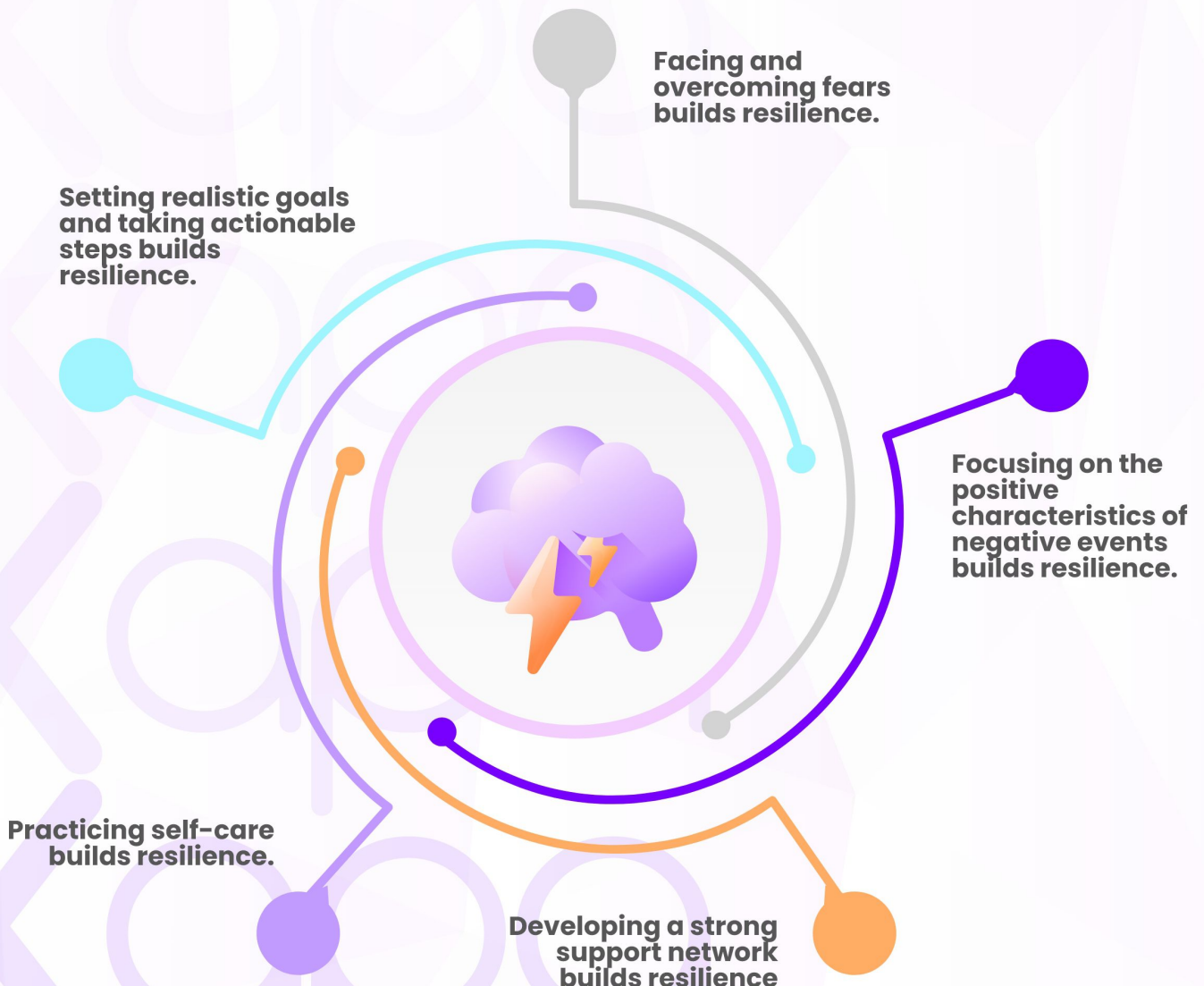


G.R.I.T

The

Resilient Mind

Developing a resilient mindset involves confronting fears, managing mental states, and understanding belief systems. This approach emphasizes positive reframing, avoiding victim mentality, and navigating emotional cycles effectively.



Top 10 Teaching Points

1
Facing and overcoming our fears boosts self-reliance and confidence.

2
Focusing on the positive characteristics of negative events can help boost resilience.

3
Our brains only process so much information at once and our state of mind affects our choices.

4
DDG'ing is when your unconscious mind either Deleted, Distorts, or Generalizes information in your memory.

5
A victim mindset often leads to difficulty maintaining relationships, an inability to enjoy successes, and a feeling of being "stuck."

6
The Crazy Eight are interlinking passive and active emotional states of anger, determination, frustration, depression, and self-pity we experience when we feel out of control.

7
Breakthroughs come when you least expect it.

8
P.A.R.B. is our belief system that can be either positive or a negative "Doom Loop" depending on our choices and how much we believe in ourselves.

9
Belief means sometimes we must accept something's true without proof.

10
Each of us prioritizes fulfilling the essential Six Human Needs differently, but our most dominant two will determine our choices.

KEY TAKEAWAYS

01 | Facing fears and building confidence

02 | Managing information and state of mind

03 | Navigating the crazy eight emotional cycles

04 | Belief system and the PARB model