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| **Element of Grit** | **Evidence** | **Evidence** | **Your Thoughts/Connections** |
| **Perseverance** |  |  |  |
| **Past experiences** |  |  |  |
| **Goals** |  |  |  |
| **Desire** |  |  |  |
| **Growth Mindset** |  |  |  |
| **Maturity** |  |  |  |
| **Response to Physical Limitations** |  |  |  |