


DAY 19



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Develop your grit. For a snack today, eat something healthy that you don't really like but you know is good for you and you should eat. Grit is a choice. Make a good choice.

OR

Another word people use for grit is perseverance. Do something that requires perseverance. Find an activity that takes time to complete. A few options could be working on a puzzle, coloring a difficult coloring page, counting to 1,000 or reading a book.