

# DAY 19



Grit.

The final tool you have to overcome challenges is grit.

Grit is determination. Grit is making up your mind that you will not stop, you will not quit, you will not give up. Grit is choosing to keep going. Grit is choosing to do the right thing even if it's hard.

Grit is a choice.

That's interesting to think about. Being determined to persevere is simply a choice. It's choosing not to stop. That's all it is. It's making a decision. You can stop, or you can keep going. You can quit and give up, or you can try again. You can give a little effort, or you can give your best effort.

The tough thing when it comes to grit is that you only need grit when something is hard. You don't need grit to finish your favorite meal, but you might need grit to finish a plate full of vegetables. You don't need grit to sit on the couch and watch your favorite show, but you might need grit to sit down and get all of your homework done.

It's usually pretty easy to make the right decision when something is easy or it's something you want to do, but it's a lot harder to make the right decision when something is hard or it's something you don't want to do.

Grit is making the right decision when something is hard. Grit is giving your best effort, even if you don't want to.

**What is something you should do even though you don't want to?**