

# The Grit Ladder

Adapted from *G-Words: 20 Strategies for Fostering Grit & Growth Mindset* by Chase Mielke (2016)

“The best preparation for good work tomorrow is  
to do good work today”

-Elbert Hubbard-

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It can be difficult to connect current tasks to long-term goals. This can result in frustration and a lack of motivation with daily tasks and responsibilities. *The Grit Ladder* helps make these connections visual!

## Directions:

Use the attached ladder or draw your own!

- 1) Identify a long-term goal and write it in the top rung of the ladder.  
Ex: “Become a high school science teacher”
- 2) In the second rung, right the second goal/step that would need to be accomplished right before the main goal.  
Ex: “Graduate from UCF”
- 3) Continue working backwards until you reach the tasks that need to be accomplished right now.  
Ex: “Pass chemistry”  
“Get an A on my test”  
“Learn chemistry concepts”  
“Do chemistry homework”  
“Attend chemistry lecture/lab”  
“Read chemistry chapters”

## Notes:

There are many small steps leading into long-term goals. *The Grit Ladder* shows the importance of overlooked tasks, not to create a to-do list.

