

NAME

DATE

Girls With GRIT

2022 Workbook



Presented by It's A Girl's Life 501(c)(3)

This Morning's Agenda

Tue, Mar 08

9:00 AM - 9:15 AM
15 minutes

Sign into Zoom

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9:15 AM - 9:20 AM
5 minutes

Welcome and Intention Setting Time

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9:20 AM - 9:40 AM
20 minutes

G: Digging Deep and Grow Some Guts

[Read More](#) ▾

9:40 AM - 10:00 AM
20 minutes

R: Bouncing Back with Resilience

[Read More](#) ▾

10:00 AM - 10:05 AM
5 minutes

Break

10:05 AM - 10:25 AM
20 minutes

I: Getting Real and Embracing Your Imperfections

[Read More](#) ▾

10:25 AM - 10:55 AM
30 minutes

T: Building Your Corner and Finding your Tribe

[Read More](#) ▾

10:55 AM - 11:00 AM
5 minutes

Break

[Read More](#) ▾

11:00 AM - 11:20 AM
20 minutes

How Nancy Bosnoian Lives A Life With G.R.I.T

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11:20 AM - 11:35 AM
15 minutes

All Speakers Q+A and Thank You!

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Grow Some GUTS



Do you consider yourself gutsy?

yes

not yet

What are your most common fears?

- 1.
- 2.
- 3.

Name a time you demonstrated courage?

A large, empty rectangular box with a light pink background, intended for writing an answer to the question above.

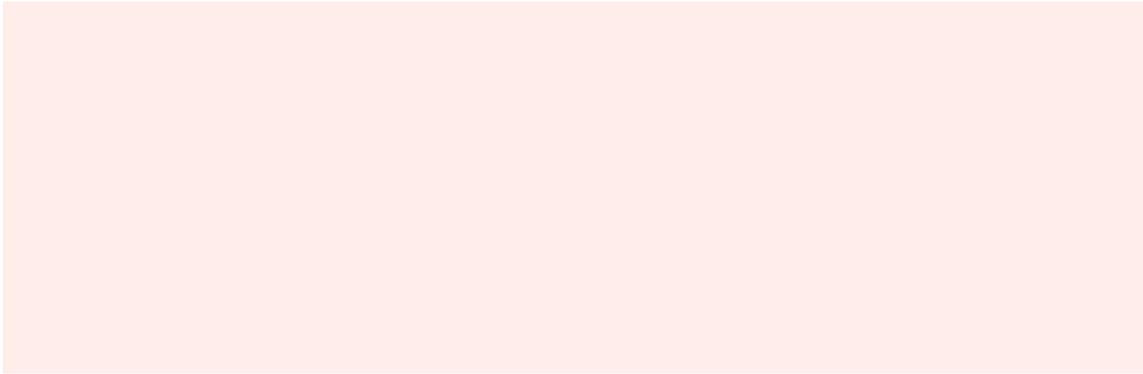
What is a goal or dream you have that's going to require GUTS?

A large, empty rectangular box with a light pink background, intended for writing an answer to the question above.

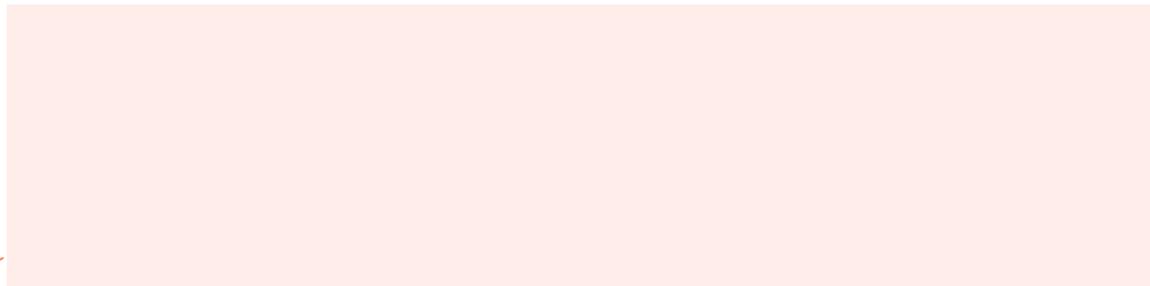
RESILIENCE



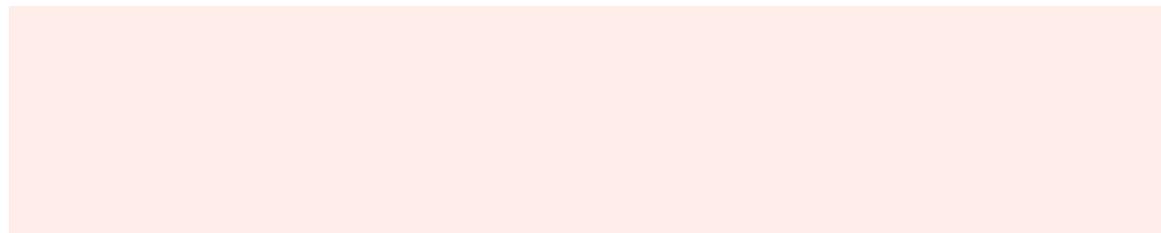
* Identify something you can do or try to do that scares you

*  *

What are your thoughts about it that make you feel scared?

*  *

What are some thought reframes you can have about it?

* 

Make a plan of action!

Action is what builds resilience (and confidence):

* What:

When:

Where:

With whom:

IMPERFECTION



* How does trying to be perfect make you feel?

[Empty text box for response]

*

What areas in your life do you have perfectionist tendencies?

[Empty text box for response]

*

Let's give ourselves some credit! Name two past mistakes/failures you've made and what you learned

1) [Empty text box for response]

2) [Empty text box for response]

*

Rewrite a perfectionistic belief to shift your mindset into becoming comfortable with your own imperfect self

[Empty text box for response]

*

What is the difference between being perfect and being myself?

[Empty text box for response]

Team



Write down 3-5 people in your life that you feel supported by and are on your TEAM



1)

4)

2)

5)

3)

What are 3 qualities these people have that are shared values?



What is 1 quality you have that you bring to the team



How can your team support you to be more gritty?



"You can always tell who the strong women are, they are the ones building each other



Actionable Steps

MAKE IT
HAPPEN

Where do I go from here?

- * In the next week: What are two things I can do that require 'guts'?

- * In the next month: Notice a goal I want to achieve, what are two thoughts I can improve upon to help me achieve this goal? Write your goal and two thought reframes below.

- * What is a daily affirmation you can tell yourself when you feel the pressure to be perfect?

- * Challenge: schedule a fun activity or hangout with your GRITTY tribe!

We DARE You to GET GRITTY!



Connect with Our Speakers on Instagram!

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