

CRITICAL THINKING GRIT

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **AT THE START OF THIS EPISODE, MIKE ASKS VIEWERS TO THINK ABOUT THE MOST DIFFICULT THING THEY HAVE TO DO DURING THE DAY AND THEIR MENTALITY TOWARDS THAT TASK.**

What's the most difficult part about your day? When you think about approaching this task, do you have a positive, neutral, or negative attitude towards it? Why?

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2. **ALTHOUGH SOME PEOPLE FACE DISADVANTAGES THEY CAN'T CONTROL, MIKE BELIEVES WE CAN ALL CHOOSE TO WORK HARD AND PUT OURSELVES IN A POSITION TO BETTER DEVELOP OUR GRIT.**

Think of someone you know or look up to who has a lot of grit.
What characteristics does this person have that help illustrate or reinforce their grit?

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3. **HAKIM IS A BARBER BY DAY AND A MUSICIAN BY NIGHT WHO ALSO OWNS AND OPERATES A CLOTHING BRAND, CORN COAST. EVEN WHEN HE DOESN'T WANT TO, HE CHOOSES TO WORK HARD SO HE CAN CONTINUE TO PURSUE HIS PASSIONS IN MUSIC AND FASHION.**

Think of a time when you had to do something you didn't want to do so that you could pursue the things you care about.
What motivated you to work hard and push through it? How can you apply that same mentality towards your day-to-day life?

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4. **TOWARDS THE END OF HIS VIGNETTE, HAKIM SAYS THAT, "GRIT IS WHERE YOU FIND YOURSELF. [AND] GRIT IS WHERE SOME PEOPLE MAY LOSE THEMSELVES."**

What do you think he means by this? Can you think of someone who became stronger by overcoming their challenges?
Can you think of someone who was overcome by their challenges?

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5. **MIKE DEFINES GRIT AS THE CONVERSATION THAT YOU HAVE WITH YOURSELF WHEN THINGS GET DIFFICULT OR WHEN YOU'RE UNSURE WHAT TO DO NEXT. GRIT ACKNOWLEDGES THE DIFFICULTY, BUT HELPS CONVINCING YOU THAT THE END GAME IS MORE IMPORTANT.**

When things get difficult or scary, what tone does your self-talk take on? Does your self-talk typically help you or hinder you?
If the latter, how can you rephrase your self-talk in a way that helps you build your grit?

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