

The Role of Resilience, Perseverance & Grit

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Change

The only constant in life is change

Heraclitus

"Failure is an
opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude
determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try
new things"

"Failure is the
limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like
to be challenged"

"I can either do it,
or I can't"

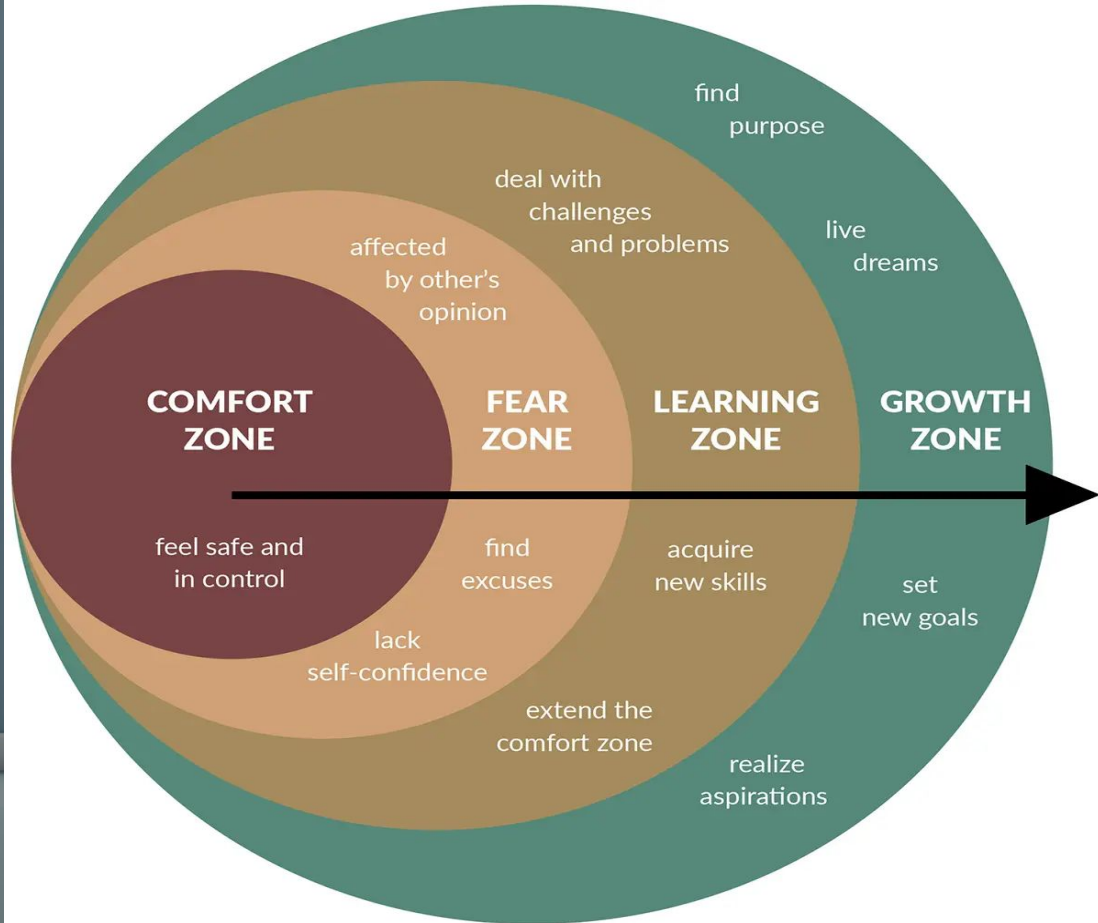
"My potential is predetermined"

"When I'm frustrated,
I give up"

"Feedback and criticism
are personal"

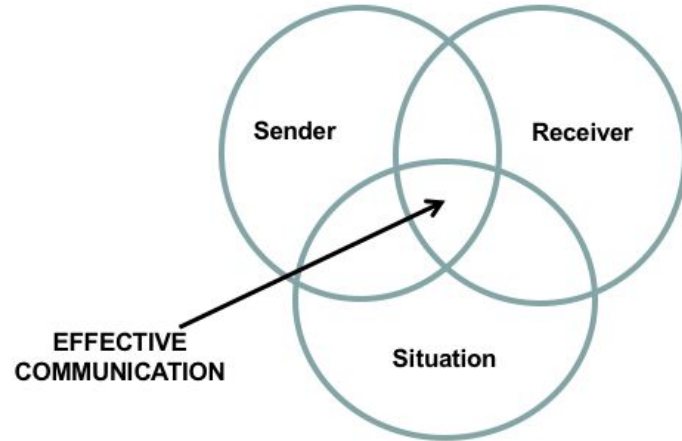
"I stick to what I know"

Escaping Your Comfort Zone



Socialization

- Effective Communication
- Non-Verbal/Body Language
- Verbal (Listener vs Responder)
- Sender vs Receiver
- Environment



E + R = O



GOOD

GET AFTER IT

#jackpodcast

Mindset

What is your
favorite
temperature?



Kaizen Principle

$$\begin{array}{ccccc} \text{KAI} & & \text{ZEN} & & \\ \text{改} & + & \text{善} & = & \begin{array}{l} \text{"good change"} \\ \text{aka} \\ \text{"continuous"} \\ \text{improvement"} \end{array} \\ \text{"change"} & & \text{"good"} & & \end{array}$$

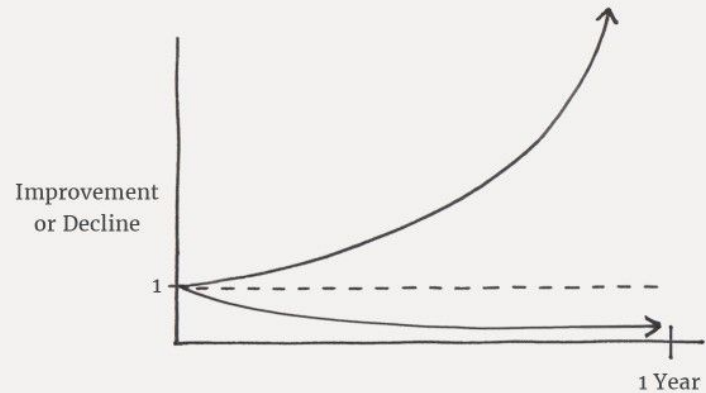
- Better today than yesterday; better tomorrow than today.
- Aggregate of Marginal Gains

Kaizen Principle

1% BETTER

The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$
1% worse every day $0.99^{365} = 0.03$



Self Talk

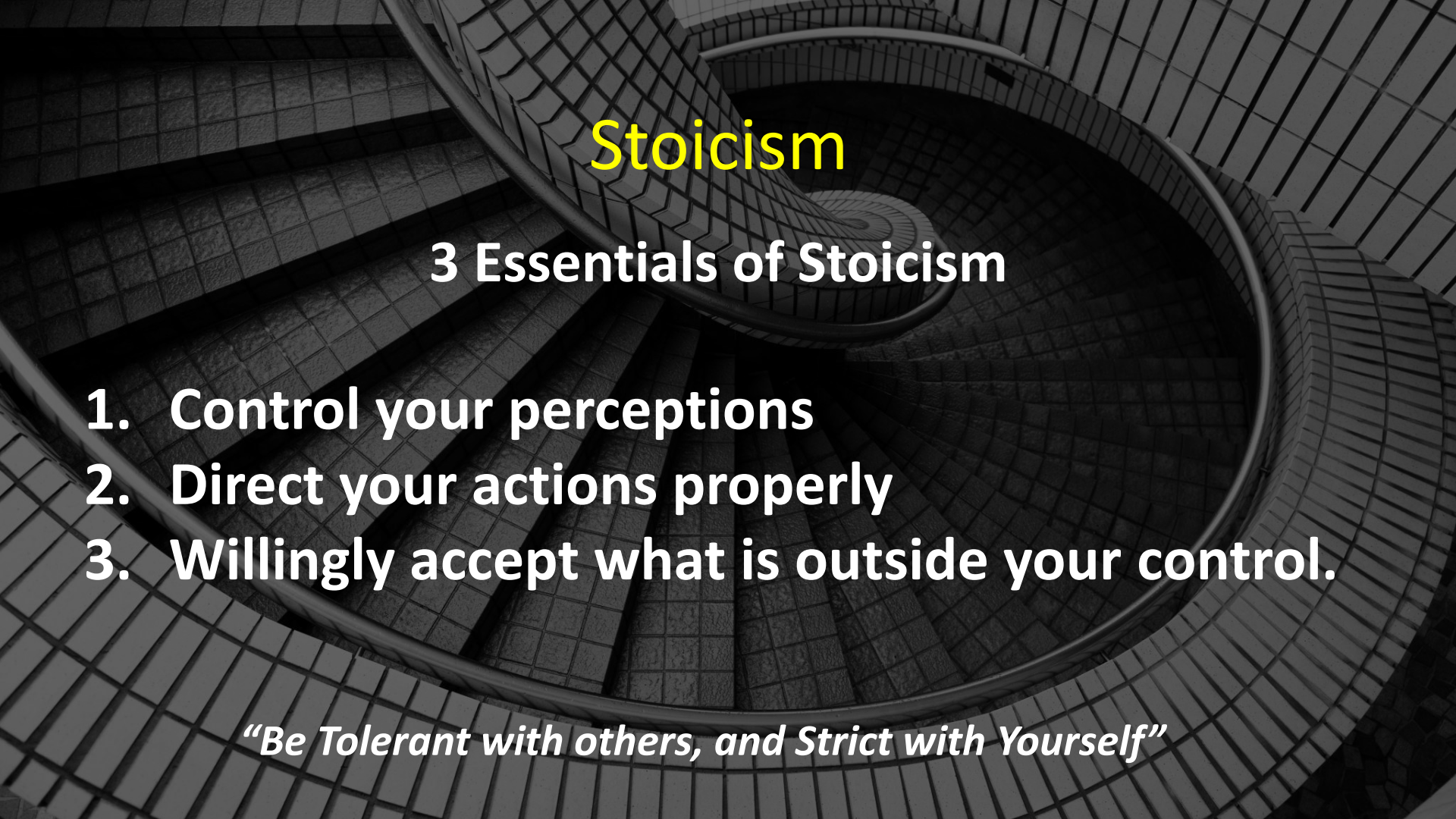
- 1 Word Intention
- Positive Affirmations
- Mirror test
- Pillow Test
- Well, Better, How
- Start, Stop, Continue

I am exactly
where I am
supposed to
be. ♡

I am
• enough
• capable
• strong ♡

Past, Present, & Future

- Clinical Psychology
- Past - Depressed
- Future - Anxious
- Present Moment Focus



Stoicism

3 Essentials of Stoicism

1. Control your perceptions
2. Direct your actions properly
3. Willingly accept what is outside your control.

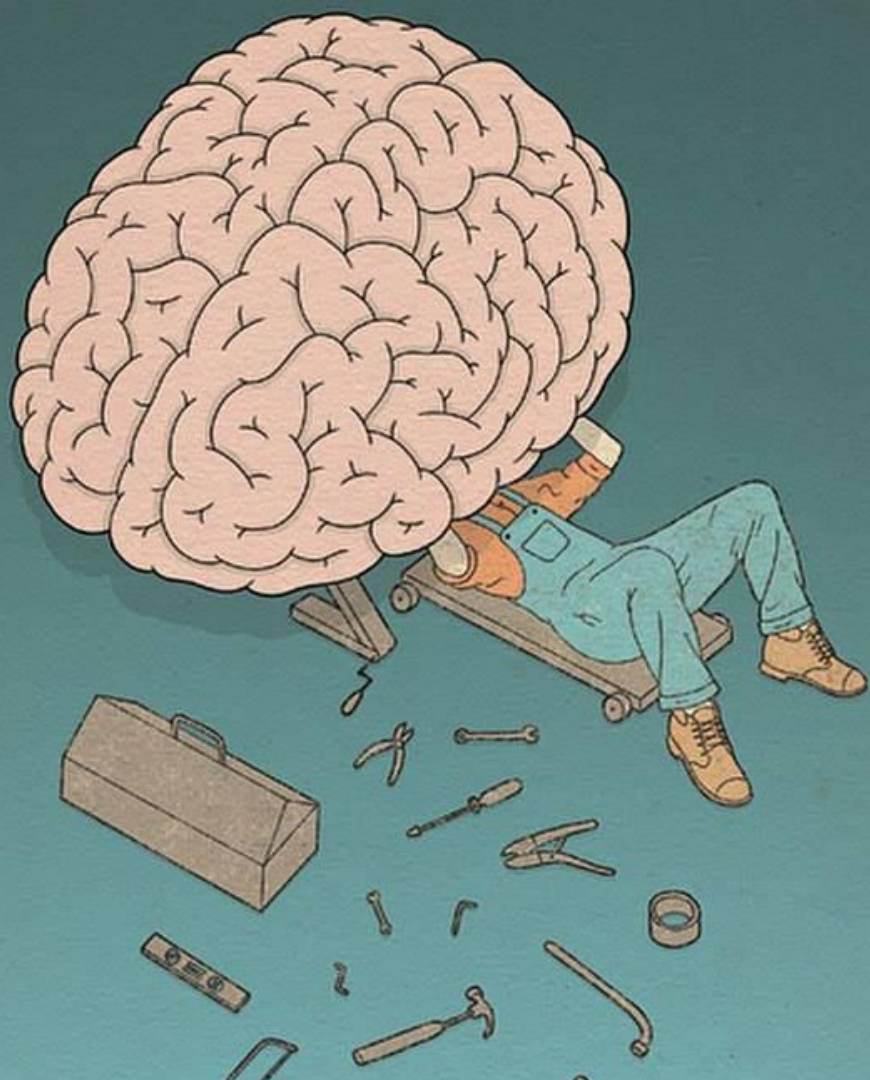
“Be Tolerant with others, and Strict with Yourself”



Resources/Ideas

- **Mental Performance Daily**
- **Success Hotline 973-743-4690**
- **Daily Stoic**
- **Daily Dominator**
- **Monthly 1% Intention**
- **Optimize App**
- **168 Plan**
- **Make your bed and take the stairs**
- **HabitShare**

Habitshare



LET'S BE FRIENDS 🤝



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