

Sneak Peak

The Grit Guide for Teens On-Line Supplement: What Parents and Teachers Can Do to Increase Grit

It may be easy for teens to look at us and not see all the hard work that we needed to do to get to where we are today. It can be a real gift for you to share with your teen a challenge that you have overcome.

Tell your teen about a time you had a challenge in your life.

Did you ever think of quitting? If so, how did you overcome this feeling?

What steps did you take to overcome your challenge? If you did not succeed at first, how did you get back on track?

How did you have to think and act in order to overcome your challenge and be successful?

What is your life like now that you have overcome your challenge?

Raising or educating a teen requires grit. It takes passion—because there is no job we are as dedicated to or find as important as being a parent or teacher; perseverance—because being a parent or educator is a job you don't quit, no matter how tough things get; and purpose—because at the very heart of being a parent or educator is caring about something and someone beyond yourself. Keep this in mind as you help your teen grow his or her grit.

For more information about *The Grit Guide for Teens*, please go to:

www.drbaruchfeldman.com/book

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