

Grit Meditation

Objective

To increase your ability to persevere to overcome challenges and achieve your goals using the Grit Meditation technique.

What to Know

This 9-minute audio will help you practice mindful eating.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are having a difficult time persevering or overcoming obstacles and challenges.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Meditation Script

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Take a moment to find a comfortable position, allowing your body to relax and your mind to become still.

Close your eyes gently, and take a deep breath in, filling your lungs completely. Hold it for a moment, and then release it slowly, feeling any tension leave your body with each exhale.

Allow your breathing to settle into a natural rhythm, and let the outside world fade away as you turn your attention inward.

Continue taking slow, deep breaths. Inhale. Hold. Exhale. Repeat this pattern of slow, deep breathing four times.

Today, you will focus on developing grit, the unwavering perseverance and determination to overcome challenges and achieve your goals. Grit is like a muscle that can be strengthened with practice and mindfulness. It allows you to endure difficulties, bounce back from setbacks, and keep moving forward, even when the path seems uncertain.

Picture yourself standing at the foot of a mountain. This mountain represents the challenges and obstacles you face in your life. Take a moment to observe its grandeur, its steep slopes, the rugged terrain that seems impassable. Feel a sense of respect for the mountain, knowing that it holds valuable lessons and opportunities for growth.

As you prepare to embark on your ascent up this mountain, remind yourself that the journey ahead may not be easy. There may be moments of doubt, fatigue, and uncertainty. You may experience setbacks, pain, and you may even want to turn back and return to the base of the mountain. But remember, it is precisely in these moments that grit comes into play. Grit is the force that propels you forward when your legs grow tired and your spirit falters.

Take a moment now to reflect on a past experience where you demonstrated grit. Recall a time when you faced adversity, but instead of giving up, you found the strength within yourself to persevere. Remember the emotions you felt during that experience. The determination. Resilience. Unwavering resolve. Bring those feelings to the forefront of your mind, allowing them to infuse your being with a sense of courage and determination. Feel them in your body. Offer yourself gratitude for your strength and appreciate all that your body and mind allow you to accomplish.

Now, envision yourself taking the first step on your journey up the mountain. With each step, feel your commitment to your goal growing stronger. Embrace the challenges that lie ahead, knowing they are opportunities for you to learn, grow, and become stronger.

As you continue your ascent, notice any obstacles that come your way. These obstacles represent the difficulties and setbacks you encounter in your daily life. Instead of avoiding or

fearing them, face them head-on with a mindset of resilience and determination. Embrace them as steppingstones on your path to success.

With each obstacle you overcome, feel a surge of confidence and inner strength. Let go of any self-doubt or negative thoughts that may arise, replacing them with positive affirmations of your ability to overcome anything that comes your way.

Remind yourself that you are capable, powerful, resilient, and deserving of success.

As you navigate the twists and turns of the mountain, allow yourself to stay present in the moment. Be aware of your surroundings—the coolness of the air, the sounds of nature, and the feeling of your feet touching the ground.

Ground yourself in the present moment, for it is here that true strength and resilience reside.

As you near the summit of the mountain, take a moment to look back at how far you have come.

Acknowledge and celebrate your progress, no matter how small it may seem.

Remember that developing grit is not about achieving perfection or reaching the top instantaneously. It is about embracing the journey and continuously pushing yourself forward.

Now, imagine yourself standing at the summit, basking in the sense of accomplishment and growth. Feel a deep sense of gratitude for the challenges you faced along the way, for they have shaped you into a stronger, more resilient individual.

Take a moment to appreciate your own grit and determination, knowing that it will continue to guide you toward success in all areas of your life.

As you prepare to conclude this meditation, bring your attention back to your breath. Take a deep breath in, filling your lungs with fresh energy and vitality. Hold your breath for a moment. As you exhale, release any lingering tension or doubt, allowing yourself to be fully present in this moment.

Carry the essence of this meditation with you as you return to your daily life.

Remember that grit is a skill that can be cultivated and honed over time.