



GET

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UNCOMFORTABLE

QUOTES OF THE WEEK:

MONDAY:

"You can only grow if you are willing to feel awkward and uncomfortable when you try something new." Brian Tracy

TUESDAY:

"If you fear it, face it." - Coach Mackey

WEDNESDAY:

"Talent alone gets you nowhere. You really have to have the grit, and you gotta have a love for people." - Zac Brown

THURSDAY:

"The more you seek the uncomfortable, the more you will become comfortable."
Conor McGregor

FRIDAY:

"Whatever makes you uncomfortable is your biggest opportunity for growth."
Bryant McGill

WEEK 20

GET UNCOMFORTABLE FOR FAMILY



GET UNCOMFORTABLE: FOR FAMILY

We have had the luxury of more time on this earth to see the bigger picture than our kids have, so far. From our experiences, we know how influenced our kids can be by the world around them. They are consistently being molded and shaped by outside forces. These forces can push them in the right direction or in the wrong direction.

Are we an outside force bringing our kids closer to or further from their goals? One of the best gifts we can teach our children is the gift of grit. When outside forces come and peer pressure is the easy way out, our kids will have the fortitude to do the right thing. Teaching our kids this lifelong skill is hard because we often want them to be comfortable. Like with discipline, follow through is key and is often the hardest part of parenting.

The best way to pass on grit to our children is to live a life of saying “Yes” to being uncomfortable when it means better results in the long run. Basically, the greatest gift we can give is teaching them to embrace delayed gratification. We do that by delaying gratification for ourselves and them whenever feasible.

If we want our kids to develop steadfast resilience then we must first live out this character trait for them to see. Before we try to equip our children with grit, are we delaying gratification and doing the hard things? Are we saying “Yes” to doing things the right way from the start, even if it is currently more difficult?

We must develop our perseverance muscles, and the first step is being comfortable with being uncomfortable. We can provide perspective that our kids otherwise won't have. We can help them to see the bigger picture, and help them to understand that delayed gratification and grit will serve them far into the future.

/// BEST 5 ///

THE BEST FIVE MINUTES OF THE WEEK

Guardians: When was a time growing up that you made a mistake? And what did you learn from this experience? If you had to re-do this experience, what would you do differently this time?

Students: How does it feel to know that your parents or guardians “messed up” when they were your age? What lessons might you take from their perspective?

Describe a time that you chose to “check out” on a difficult situation. Why did you make the choice you did? How can you better prepare to not make that same choice in the future?

Is your family going through a hard time? Talk about what makes it hard, how you are tempted to check out, and what you can do to encourage one another during this season.

How has grit helped you overcome difficult times or reach a big, scary goal?