Secret To Success Reflection

LEARNING OBJECTIVE

I will be able to draw conclusions about resilience and describe why learning how to be resilient (or gritty) will make my life better.

DIRECTIONS

Read Paul Tough's article on resilience and grit, "What if the Secret to Success Is Failure?" in The New York Times. You can find it here: http://www.nytimes.com/2011/09/18/magazine/what-if-the-secret-to-success-is-failure.html

Now, write a 2-paragraph reflection of this article that answers the following questions:

- What is the main idea of this article?
- How does this relate to staying naturally high?
- What idea from this article will you try to apply to your own life?
- Why does Paul Tough think it's OK to experience difficulty or failure sometimes?

Natural High is a 501(c)(3) nonprofit organization that relies on the generosity of individuals, corporations and foundations to help youth discover, amplify and pursue their own natural high so they have a reason to say no to an artificial high.