

developing resilience + faith

when giving up isn't an option

GRIT DON'T QUIT

Bianca Juárez Olthoff

A PDF COMPANION TO THE AUDIOBOOK

Grit Don't Quit

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Names and identifying characteristics of some individuals have been changed to preserve their privacy.

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Introduction

SIGN ON THE DOTTED LINE

I, _____, solemnly swear to read this book and honestly evaluate places in my life where I'm stuck and spaces where I want to give up. I am committed to persevering and completing this book because I am resilient, and I want to get back up every time I'm down.

Name: _____

Signature: _____

chapter five

THE DIFFERENCE OF A DECADE

I'm never going to do _____ again.

I'm too unqualified for _____.

_____ requires too much from me.

I'm never going to be able to _____, so why
even try?

15 REMINDERS FROM PAUL THE APOSTLE

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

ROMANS 12:2

We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed.

2 CORINTHIANS 4:8–9 ESV

I can do everything through Christ, who gives me strength.

PHILIPPIANS 4:13 NLT

For when I am weak, then I am strong.

2 CORINTHIANS 12:10

If God is for us, who can be against us?

ROMANS 8:31

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

PHILIPPIANS 4:6

We walk by faith, not by sight.

2 CORINTHIANS 5:7 ESV

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

2 CORINTHIANS 5:17 ESV

Owe nothing to anyone—except for your obligation to love one another.

ROMANS 13:8 NLT

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

GALATIANS 6:9

Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me.

PHILIPPIANS 3:12 NKJV

Hope does not disappoint.

ROMANS 5:5 NKJV

In everything give thanks.

1 THESSALONIANS 5:18 NKJV

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

PHILIPPIANS 4:19

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

PHILIPPIANS 4:8–9