

MONTHLY GRIT REFLECTION WORKSHEET

Digital Spring Cleaning Edition

INTRODUCTION

This worksheet compiles the GRIT Framework elements from our newsletters on digital spring cleaning. Adapted from Angela Duckworth's groundbreaking work on "Grit" - the powerful combination of passion and perseverance that drives long-term achievement - this worksheet is designed to be a monthly or quarterly practice to build resilience and mindfulness in your relationship with technology.

Set aside 15-20 minutes in a quiet space to reflect on these questions. There are no right or wrong answers - this is about discovering your unique relationship with your digital tools and systems.

PASSION PULSE

Reflection: Which digital tools truly align with both your values and bring you joy? Which might be candidates for simplification or elimination? What do you enjoy using and what feels like an extension of your business and/or personal life already? Are there any redundancies or projects that have slipped away from focus?

Journal Prompt: List all your current software subscriptions with their monthly costs. Circle the ones that feel essential. Mark those that bring you joy. What patterns do you notice?

SOFTWARE TOOL NAME	MONTHLY COST (BREAK IT DOWN)	NEED?	BRINGS JOY?	NOTES

PERSEVERANCE POINTS

Reflection: What contingency plans can you create for your most essential digital tools? What technical challenges or failures did you face in the last few weeks? Did something completely block you? Does anything need a contingency plan?

Journal Prompt: What tech disappointment have you experienced recently? How did you respond? What would a more resilient response look like next time?

Recent tech disappointment:

My initial response:

A more resilient future response:

GROWTH GAUGE

Reflection: What digital organization systems could you implement that work with your brain's natural patterns? What features in your current software tools could you learn more about? Are there any advanced functions that you haven't fully explored? What capabilities are you paying for but not utilizing?

Journal Prompt: What's one digital organization skill you'd like to improve this month? How might you set aside 15 minutes to "play" with a tool you use regularly but haven't fully explored?

Digital skill to improve:

Tool I want to explore more deeply:

When I'll schedule my 15-minute play session (add to your calendar now!):

Date: _____ Time: _____

RESILIENCE REFLECTION

Reflection: Where might you be overcomplicating your digital systems? What would simplification look like?

Journal Prompt: Identify one digital process you could simplify this month. What's the minimum viable version that would still meet your needs? What resistance comes up when you consider streamlining?

Digital process to simplify:

Current steps involved:

Simplified version:

Resistance I feel when considering this change:

GRIT GOAL

Reflection: Choose one digital organization goal that feels most aligned with your needs right now. Or create your own in the journal prompt below.

Digital Organization Ideas:

- Set a 15-minute timer for email processing rather than aiming for inbox zero
- Create an "executive function pending" folder for files you can't organize right now
- Use color-coding systems that align with your intuitive associations
- Record process videos for tasks you frequently forget
- Set up text expanders for frequently typed information
- Create dedicated focus spaces using different browsers for different purposes
- Use energy-based organization for your files and tasks

Journal Prompt: What specific small step could you take in the next 24 hours to move toward your chosen goal?

My chosen digital organization goal:

Small step I can take in the next 24 hours:

How this aligns with my thinking patterns:

COMMUNITY CONNECTION

Reflection: Which digital spaces consistently energize rather than deplete you?

Journal Prompt: Map your digital communities below. Circle the energizing ones, and put an X through the depleting ones. What patterns do you notice? What would an intentional digital community presence look like for you?

Energizing communities and why:

Depleting communities and why:

One boundary I could set this month:

MINDFULNESS MOMENT

Reflection: How does your body respond to different digital environments?

Journal Prompt: Select one digital workflow that frequently frustrates you. Move through it slowly while noting your physical and emotional responses at each step. Where do you feel tension? Where does the flow feel natural?

What workflow are you working on?

WEEKLY CHECK-IN TRACKER

Track your progress implementing small changes each week:

Week 1:

Small change implemented:

Impact noticed:

Week 3:

Small change implemented:

Impact noticed:

Week 2:

Small change implemented:

Impact noticed:

Week 4:

Small change implemented:

Impact noticed:

FINAL REFLECTION

At the end of the month, don't forget to reflect on your digital spring cleaning journey!

Top 3 improvements I've made to my digital environment:

How these changes have affected my daily experience:

One insight about my relationship with technology:
