

GRIT Challenge



What is GRIT?

GRIT = Passion and Perseverance to Achieve Goals

G - Growth

R - Resilience

I - Intrinsic Motivation

T - Tenacity



How to Participate

- ✓ Set a goal you want to consistently achieve
- ✓ Take a verification photo each day after completing your plan
- ✓ Submit your verified photos to the Google Form every Sunday by midnight (Make sure the date and visible in your photos.)

Rewards & Criteria



Completers

Submit to Google Form for 4 weeks

Reward:
UNIST Kkeyring

Sincere Participants

Achieve goal for 20+ days & submit for weeks

Reward:
UNIST Gift Shop Goods

Outstanding Participants

Achieve goal 25+ days & submit for 4 weeks

Reward:
UNIST Gift Voucher or Goods

(*) Final reward item/time will be announced later depending on availability.

Schedule

Application Period: Sept. 1, 2025 - Sept. 14, 2025

Challenge Period: Sept. 15, 2025 - Oct. 12 (4 weeks total)

