



THIRD  
NEWSLETTER

# Character development for active life

# GRIT Booklet

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## Best Practices for Character Development

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This publication was made for the Erasmus plus project GRIT - Character development for active life The partners who collaborated on the work: Formethic (France), Smart Idea (Slovenia), Coaching Bulgaria Association (Bulgaria), Youthfully Yours (Slovakia), Edukopro (Bosnia and Herzegovina), JumpIN Hub - Association for Innovation and Entrepreneurship (Portugal) and Sdruzhenie "Rousse industrial association" (RIA) (Bulgaria).

By character development, we mean the process of shaping the character in order to transform it. It's an ongoing process often described in terms of "grit." Grit is the willingness to continue working towards a goal even in the face of difficulty. It is the ability to persevere in the face of setbacks. People with grit are resilient and have a clear sense of purpose. They know what they want to achieve and why it is essential to them.

Character development is vital for several reasons. It helps individuals understand and control their emotions and teaches them how to relate to others, resolve conflicts, and make responsible decisions. Character development also helps people set goals and develop a sense of self-efficacy and self-worth. Finally, it can foster pro-social behaviour and altruism, leading to a more caring and humane society. In sum, character development plays a crucial role in the health and well-being of individuals and society.

