

GRIT VS. GRACE

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Grit: firmness of mind or spirit; unyielding courage in the face of hardship or danger

Grace: disposition to or an act or instance of kindness, courtesy, or clemency. A temporary exemption

THE 4 WAYS YOU CAN SHOW UP

They are all okay for a time

GHOST The scariest place to be

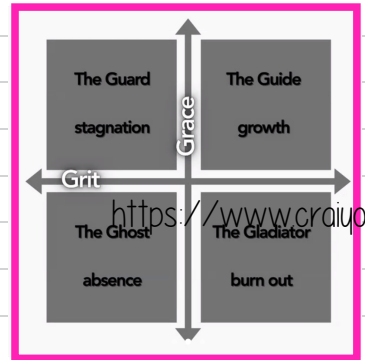
Missed opportunities

Can't get out of their own head

Imposter syndrome.

Don't have to do the hard thing

Here you can play like you have nothing left to lose.



GUARD Stuck in one position.

Caring, giving, kind

Too much of a cheerleader, not enough as a coach

Gift of loyalty and presence.

The cost - the guard protects I spot but doesn't advance the kingdom

Protects the ground already gained

Problem: You can stay too long because you don't realize you are staying put.

Stuck in a swamp of mediocrity Don't cheer for mediocrity

WHAT AM I PROTECTING
BY STAYING HERE?

GLADIATOR Gas will run out of the tank eventually

Most applauded and ever present.

Needed for a season in life but the cost of staying there too long is too high.

Always in fight mode They will go and go but don't stop when they should.

THE GUIDE

Knows it's okay to have ebbs and flows

Balanced - think like a "Sour Patch Kid"

Kindness and care with the ability to go out and do the damn thing

No one succeeds alone. Fail your way to success

This is someone people like and people want to be around because you raise the joy in their lives.

Everything is figureoutable

Your video has to match your audio.

Do the things you say you are going to do and keep the promises you make to yourself.

Regret is the only thing you can't take back

Someone is paying the cost and it isn't you Other people paying the price

Are you okay with someone else paying the prize?

Guide is not perfection, it's integration

I WILL GIVE MYSELF
GRACE WHEN IT'S
EARNED AND GRIT
WHEN IT IS NOT

HOW TO BECOME THE GUIDE

Rituals of consistency to up your grit

Grit starts with the willingness to do more things

Grace → sit in more stillness

Pause before your actions → is this going to make me proud

Hard conversations with soft eyes

The constant battle is drift

And that is okay

THE DANGER IS
NOT KNOWING
WHERE YOU ARE

REFLECTION

Ego & Resistance

What part of me feels threatened by grit?
What part of me feels threatened by grace?
Where do I secretly pride myself on being lopsided?

Quadrant Attachment

Which quadrant do I run to when I'm afraid?
Which quadrant do I run to when I'm proud?
Which quadrant do I despise most — and what does that reveal about me?

Consequences

Who has paid the price for me living in my quadrant too long?
What am I protecting by staying here — my ego, my comfort, or my reputation?
If I keep resisting balance, what will it cost my family, my team, my future self?