

# GRIT

## The Power of Passion and Perseverance

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**MAIN IDEA**

The secret to outstanding achievement is never talent alone. Instead, achievers have "grit" – a passion to achieve a specific high-level goal and also the perseverance to follow through until that goal is achieved.



The great thing about grit is there is now solid scientific evidence grit can be grown and increased systematically. In particular, grit can be grown from the inside out and from the outside in. This is a character trait which most definitely can be nurtured and enhanced in your own life and career.

*"Success is never final; failure is never fatal. It's courage that counts."*

– John Wooden, basketball coach

*"Who are the people at the very top of your field? What are they like? What do you think makes them special? Many of the people I talked to could also recount tales of rising stars who, to everyone's surprise, dropped out or lost interest before they could realize their potential. No matter the domain, the highly successful had a kind of ferocious determination that played out in two ways. First, these exemplars were unusually resilient and hardworking. Second, they knew in a very, very deep way what it was they wanted. They not only had determination, they had direction. It was this combination of passion and perseverance that made high achievers special. In a word, they had grit."*

– Angela Duckworth

# GRIT

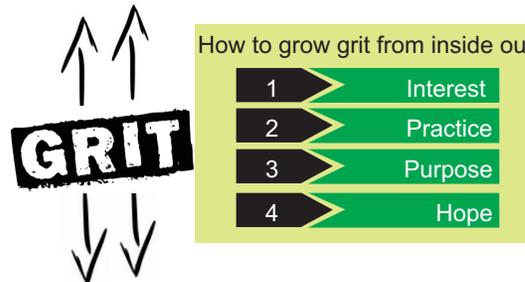
## 1. What is grit – and why does it matter? . . . . . Pages 2 - 3

Grit is the power to refuse to give in until you extract every last ounce of your true potential. Grit is a special blend of passion and perseverance which powers winners to keep going after early setbacks, multiple roadblocks and loads of wrong turns. What matters in life the most is not talent, it's how much grit you have.

## 2. How to grow grit from the inside out. . . . . Pages 4 - 6

You can grow grit working by yourself, or "from the inside out". To do that:

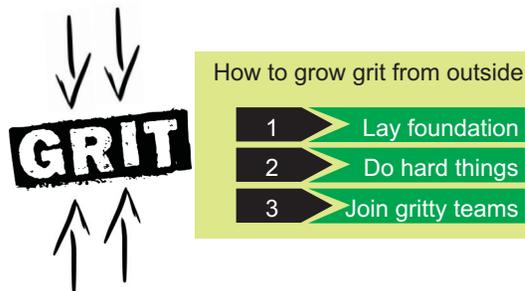
- 1 - Deliberately cultivate your interests to fan the flame.
- 2 - Develop a daily practice where you challenge yourself to exceed your skill levels.
- 3 - Connect your work to a higher purpose.
- 4 - Learn to positively hope when all seems lost.



## 3. How to grow grit from the outside in. . . . . Pages 7 - 8

You can also grow grit with the help of others "from the outside in". To do that:

- 1 - Lay a good foundation for grit to grow.
- 2 - Make it everyone's habit to do hard things.
- 3 - Look for gritty teams and join up.



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