

# Grit

## Definition

*“Perseverance and passion for long-term goals.”*

*“Mental toughness and courage.”*

## Angela Lee Duckworth



<https://youtu.be/H14bBuluwB8>

*“It's supposed to be hard. If it wasn't hard, anyone would do it. It's the hard that makes it great.”*

*“Grit is sticking with your future, day in day out, not just for the week, not just for the month, but for years.”*

*“Without grit, talent may be nothing more than unmet potential. It is only with effort that talent becomes a skills that leads to success.”*

Deliberate  
practice

Long-term  
goal  
orientated

Perseverance  
and tenacity

Passion-  
driven

Consistently  
of effort

Ability to  
delay  
gratification

Self-control  
Self-discipline

Stick-to-it-ness  
under difficult  
conditions

## Being gritty means

- Finishing what you start.
- Staying committed to your goals.
- Working hard even after experiencing failure or when you feel like quitting.
- Staying the course for more than a few weeks.

Often people aren't aware of what they are saying to themselves when good and bad things happen.

Types of self talk:

- Positive
- Negative
- Instructional

Ask yourself:

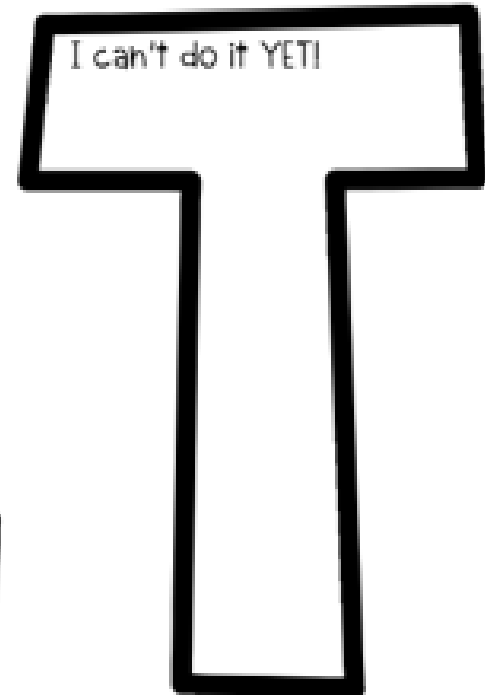
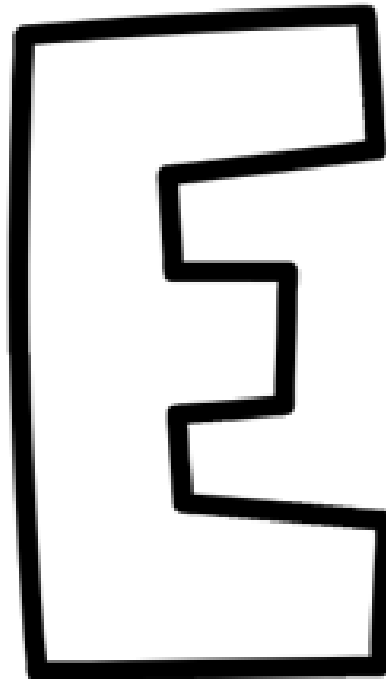
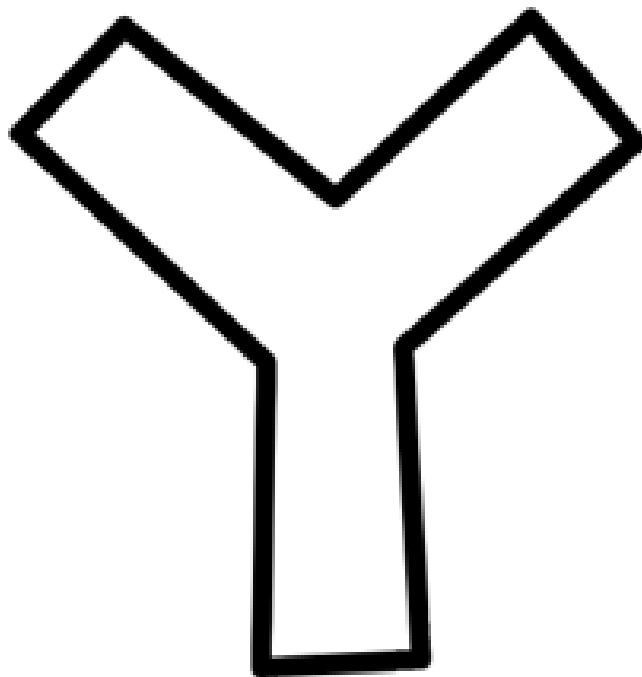
- What is my current self-talk like?
- What do I say to myself about difficult situations, responsibilities, opportunities and my ability to manage these things?
- What do I say to myself when I am experiencing negative feelings such as frustration, disappointment or something I don't want to do?



# THE POWER OF

Write down things you can do outside of the word 'yet'. Write down things you want to learn to do inside the word 'yet'.

I can do it...





# Grit | *Noun*

COURAGE, bravery, pluck, mettle, backbone, spirit, strength of character, strength of will, moral fiber, steel, nerve, fortitude, toughness, hardiness, resolve, resolution, determination, tenacity, perseverance, endurance; informal: guts, spunk.

# GRIT

is sticking with  
your future  
day in, day out &  
not just for the week,  
not just for the month,  
but for years.

*Angela Lee Duckworth*

feaonline.co.uk

## The Dimensions of GRIT™



### G

"Growth is about how likely we are to go seek fresh ideas, perspectives inputs, and ideas to help you succeed at that thing."

7/24/2017



### R

"Resilience is about bouncing back from adversity and being able to use adversity."

Created by Laxoya Hardman Lewis



### I

Instinct is about going about after our goals the best way, not the hardest way.



### T

Tenacity is that perseverance, persistence, never say die never say quit dimension of grit.

4