What is Grit?
► Having passion in what you do and maintaining perseverance in the face of obstacles to achieve long-term goals.

Passion is the strong, burning desire you have inside.
► It's based on a sense of purpose and inspiration.
► Passion is the motivation for action.

Perseverance is continuing toward your goal in spite of challenges.
► Motivation will ebb and flow but remember, improvement comes from constant practice.
► Perseverance is the action itself.

Thus, Grit is Passion + Perseverance for long-term goals.
► Passion is the key in striving for excellence.
► Perseverance is the key to making your dream into reality.

Grit Is A Major Predictor Of Lifelong Achievement

Formula for Achievement
Talent x Effort = Skill
Skill x Effort = Achievement

When talent counts once, effort counts twice.

How Do You Develop Grit?

Develop a Fascination
Find things that interest you

Greater Purpose
Seek connections beyond yourself

Daily Improvement
Aim to improve yourself everyday

Growth Mindset
Foster belief that your skills can grow

The Takeaway:
Grit is perseverance + passion. In order to achieve long-term goals, you can incorporate: Fascination/Greater Purpose (passion) + Daily Improvement/Growth Mindset (perseverance).
DEVELOP YOUR GRIT
Think of a topic that interests you!

What topic do you want to focus on? Why? (Passion)

EX. I want to focus on creative writing because I want to inspire people.

What makes it meaningful? What's the goal? (Passion)

EX. I want to make a difference! My end goal is to become a published author!

What’s your long-term SMART goal? (Perseverance)

EX. I want to finish writing a rough draft of my novel by the end of 2019.

How would you overcome setbacks/failures? (Perseverance)

EX. Remind myself — "what you do now will take a definite form over time"

Source: