

GRIT

Worksheet by Jeff Hsiao

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 × Effort = Skill

Skill × Effort = Achievement

When *talent* counts once,
effort counts twice.

How Do You Develop Grit?

Develop a Fascination

Find things that interest you

Daily Improvement

Aim to improve yourself everyday

Greater Purpose

Seek connections beyond yourself

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:

Duckworth, A. L., Peterson, C., Matthews, M. D., & Kelly, D. R. (2007). Grit: perseverance and passion for long-term goals. *Journal of personality and social psychology, 92*(6), 1087.

Duckworth, A., & Duckworth, A. (2016). *Grit: The power of passion and perseverance* (Vol. 234). New York, NY: Scribner.