Grit

☑️ Strength of will
What is grit?

Passion and perseverance for long-term goals

— Samuel Beckett
Why does grit matter?

- Grit predicts accomplishing challenging goals that are meaningful to you.
- Research shows that grit and talent are largely unrelated.
- Whether you learn fast or slow, your passion and perseverance will help you realize your potential.
Pulse Check

How many of these things are true for you?

• I enjoy projects that take years to complete.
• I am working towards a very long-term goal.
• What I do each day is connected to my deepest personal values.
• There is at least one subject or activity that I never get bored of thinking about.
• Setbacks don’t discourage me for long.
• I am a hard worker.
• I finish whatever I begin.
• I never stop working to improve.