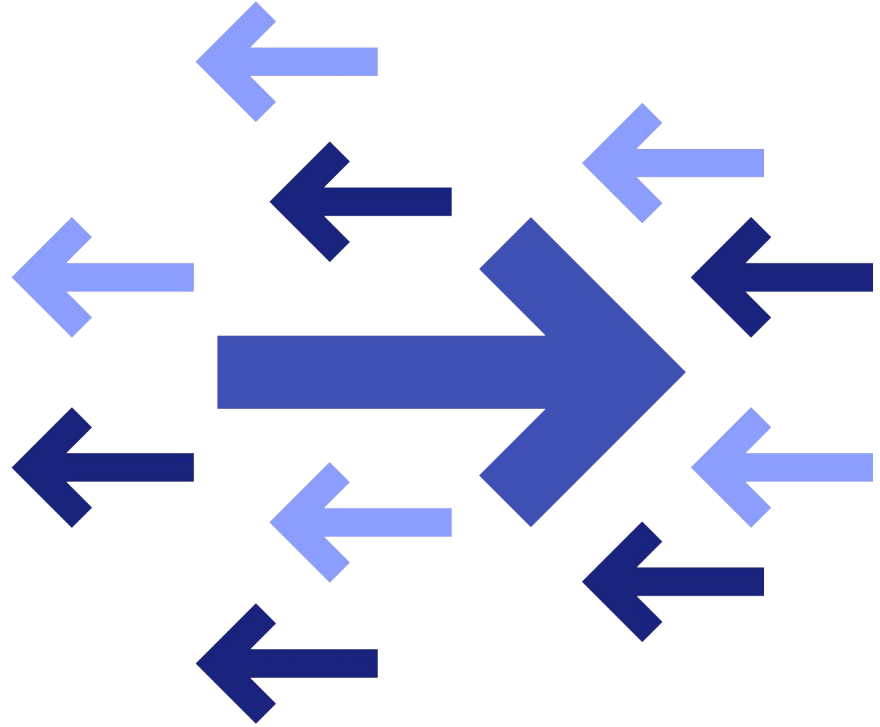


Grit

- ☑ Strength of will



What is grit?



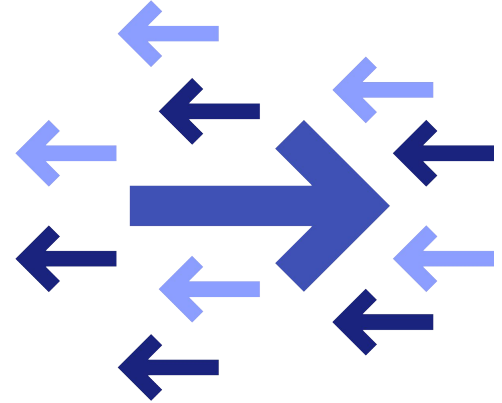
Passion and perseverance for
long-term goals

“Ever tried. Ever failed.
No matter. Try again. Fail again.
Fail better.”

— 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.

