

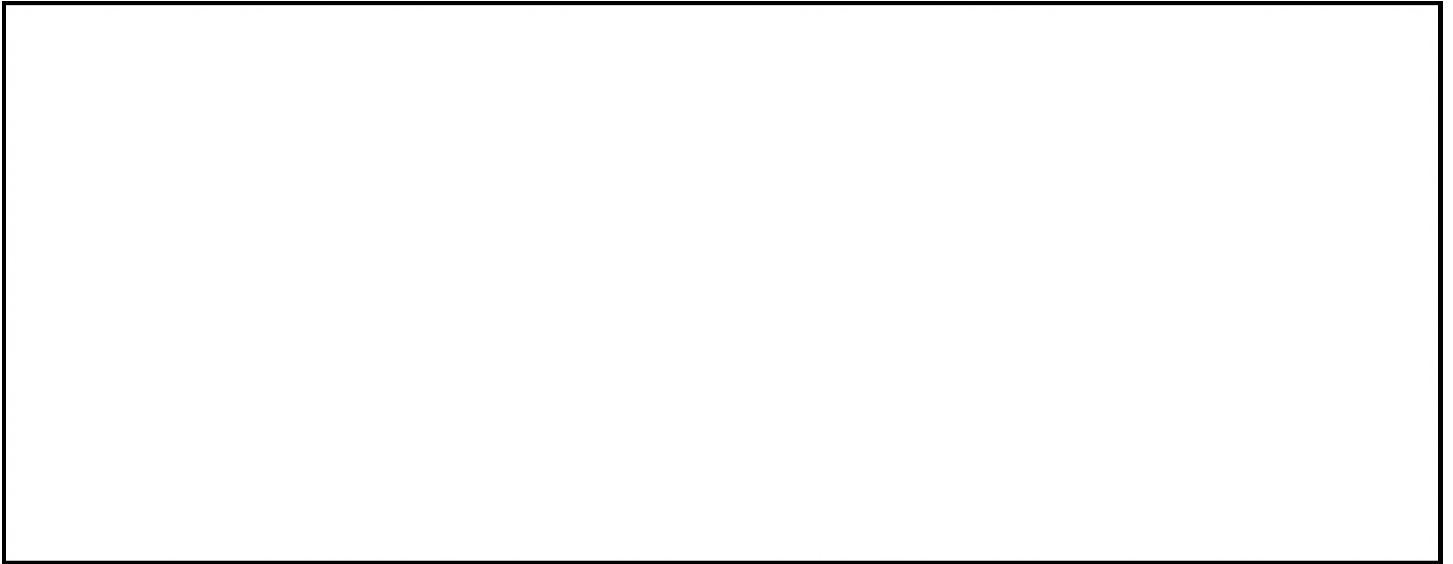
What is GRIT?



"Grit" is a term used to describe mental toughness, perseverance, and passion for long-term goals. It was popularised by psychologist Angela Duckworth in her research and book titled "Grit: The Power of Passion and Perseverance." Grit involves the ability to stay committed to your goals and overcome obstacles, even when faced with setbacks or difficulties.

Here are ten ways to develop grit, based on research and the findings of Angela Duckworth and other psychologists. After each point, write down specifically how you can improve in this particular area:-

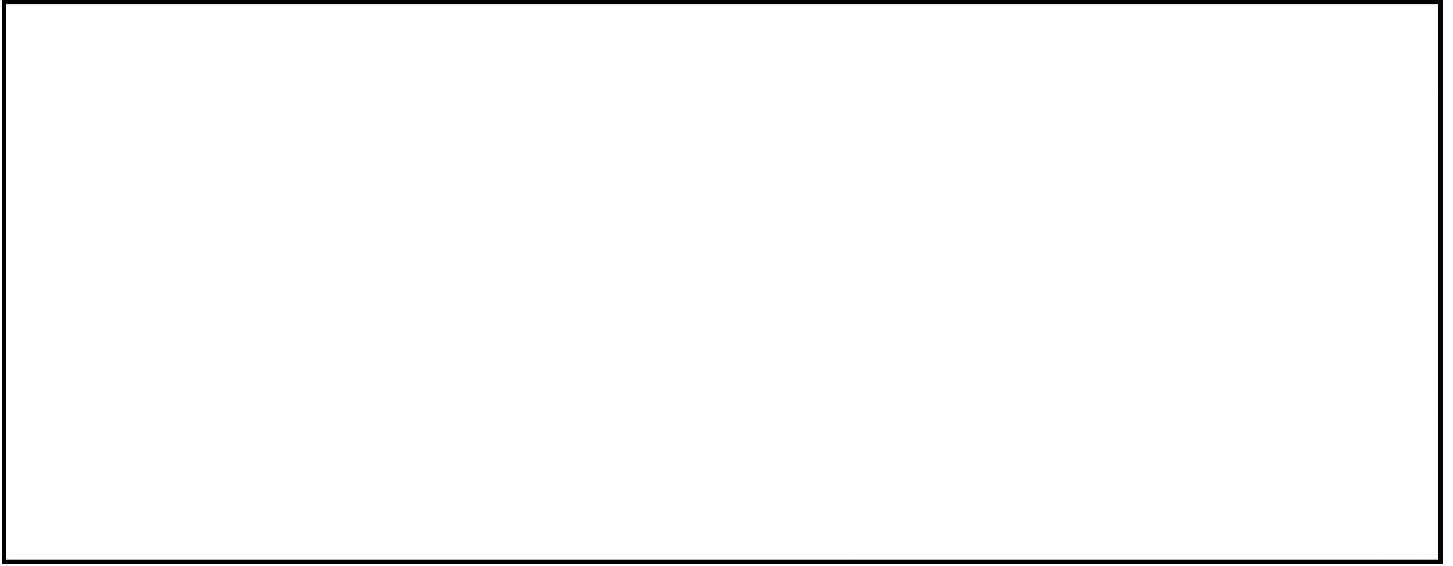
- Set clear and challenging goals: Define your long-term objectives and break them down into smaller, more achievable steps. Having a clear sense of purpose can increase your motivation and perseverance.



- Cultivate passion: Find something you are genuinely passionate about and that aligns with your values and interests. Passion fuels your drive to overcome obstacles.




- Maintain a growth mindset: Embrace the belief that your abilities and intelligence can be developed through effort and practice. This mindset encourages resilience in the face of setbacks.



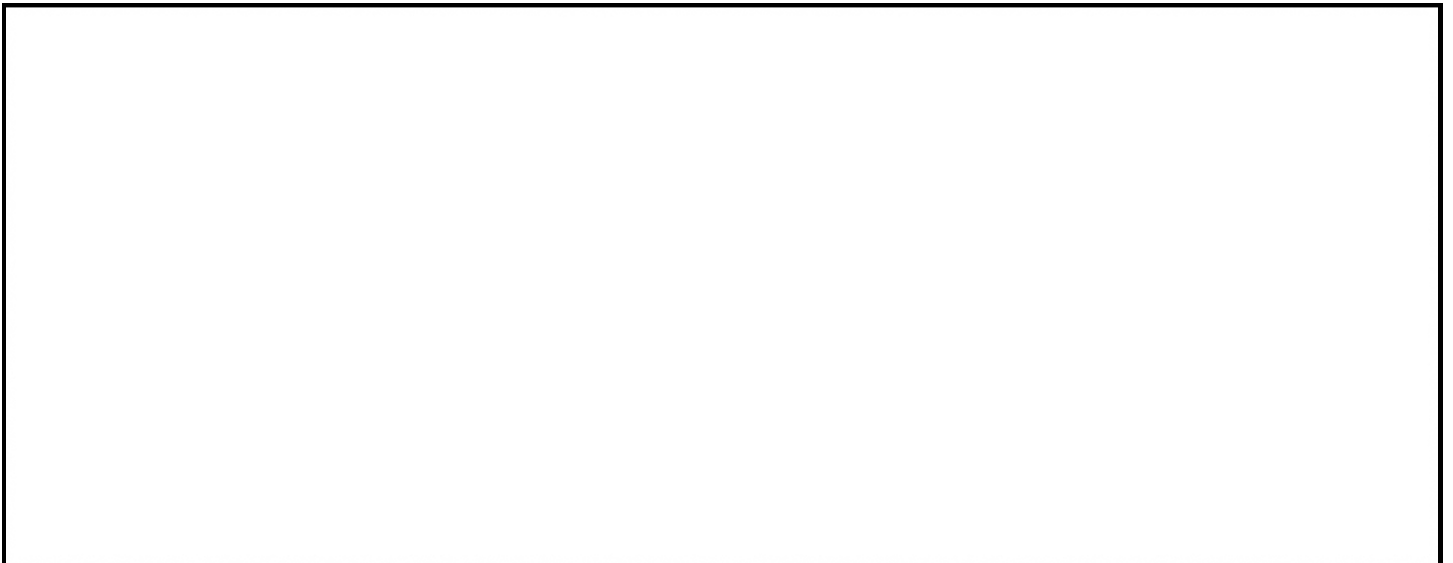
- Develop a strong work ethic: Commit to consistent effort and hard work in pursuit of your goals. Consistency over time is a key component of grit.



- Embrace adversity: View challenges and setbacks as opportunities for growth and learning. Resilience is built through overcoming difficulties.



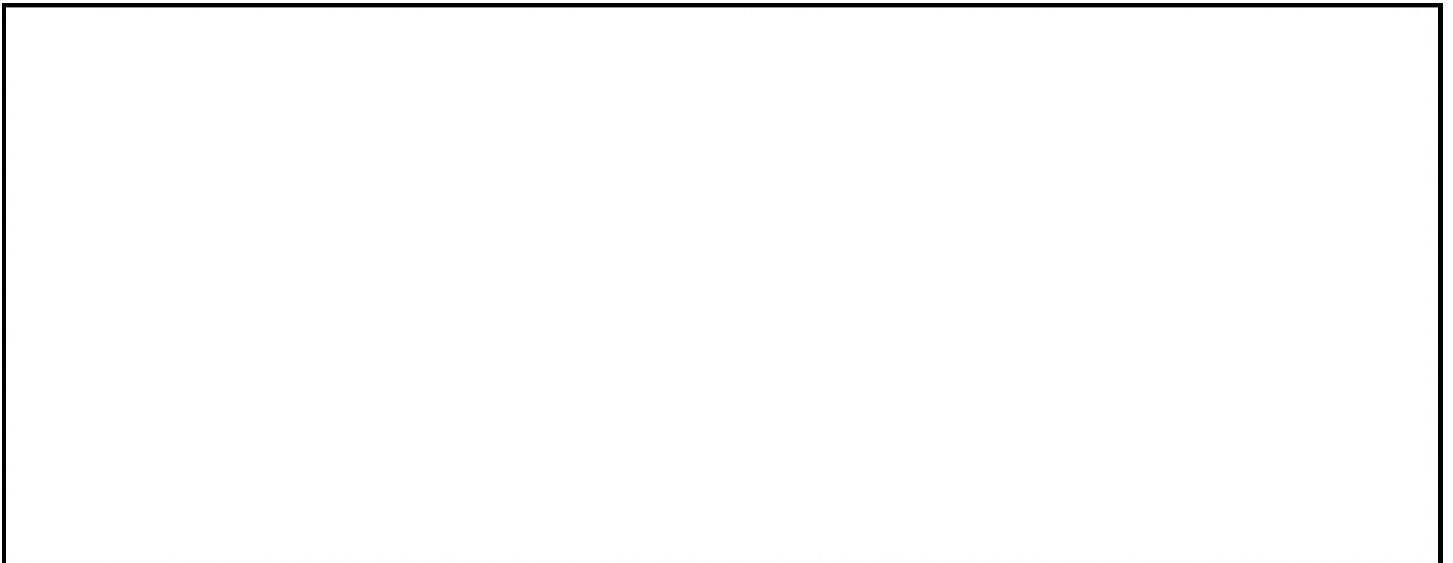
- Practice delayed gratification: Learn to resist immediate rewards or distractions in favour of long-term goals. Delayed gratification helps build self-discipline and grit.



- Seek feedback and adapt: Be open to constructive criticism and use it to improve. Adaptability and a willingness to learn from mistakes are crucial for grit.

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- Find a mentor or role model: Connect with someone who has achieved the kind of success you aspire to and learn from their experiences and advice.

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- Build a support network: Surround yourself with individuals who encourage and support your goals. A strong social support system can help you stay resilient.

- Develop resilience through failure: Don't fear failure; see it as a stepping stone to success. Use failures as opportunities to refine your approach and grow stronger.

Remember that developing grit takes time and effort. It's a combination of passion, perseverance, and resilience that enables individuals to achieve their long-term goals. Research suggests that these practices can help you build and strengthen your grit over time.