

Grit by Angela Duckworth

“Grit is NOT at all about stubbornly pursuing—at all costs and ad infinitum—every single low-level goal on your list. Sure, you should try hard—even a little longer than you might think necessary. But don’t beat your head against the wall attempting to follow through on something that is, merely, a means to a more important end.” – Angela Duckworth

“Learning to stick to something is a life skill that we all have to develop.” – Angela Duckworth

“Every gritty person I’ve studied can point to aspects of their work they enjoy less than others, and most have to put up with at least one or two chores they don’t enjoy at all. Nevertheless, they’re captivated by the endeavor as a whole.” – Angela Duckworth

Whatever it is that you want to do, you’ll find in life that if you’re not passionate about what it is you’re working on, you won’t be able to stick with it.” – Jeff Bezos

“You must zero in on your weaknesses, and you must do so over and over again, for hours a day, week after month after year. To be gritty is to resist complacency. “Whatever it takes, I want to improve!” is a refrain of all paragons of grit, no matter their particular interest, and no matter how excellent they already are.” – Angela Duckworth

Love the act of improvement, be better than you were yesterday and resist complacency.

1. Define “grit” in your own words.	
2. Why is talent not as important as effort?	
3. How do you “grow” your grit?	<div>✓</div> <div>✓</div> <div>✓</div> <div>✓</div>
4. What do you do if you are not interested in what you need to do?	
5. How do you know what to practice?	
6. Why isn’t it good enough to want to do something just for yourself?	
7. Why is hope that you can do better important?	