

GRIT- Power of Passion and Perseverance by Angela Duckworth

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The book is regarding a word “grit”, which is a combination of two important words- passion and perseverance. The people that have grit in their attitude can easily surpass the people that are dubbed as “genius”.

What is grit and why it is important:

Grit is a word used for people that have a passion to do anything in life without any deviation from their goal, that are self-motivated to follow their dreams passionately. Their interest doesn't change from time to time and they are obsessed with a specific ideology for a long period of time.

Another part of the grit is perseverance (or persistence) in doing any kind of work, be it hard or simple. It is the attitude which makes people overcome all setbacks and face any kind of challenges. It makes you work for something you love and you would always be happy to do it.

In today's scenario, being a genius is not the only requisite to succeed in life. If you have talent and you are not using it, you would be on the same platform as others. But the people that are not talented, yet gritty, would definitely succeed in all platforms of life. So one must have passion and perseverance, being a genius is an added bonus!

That which interests you makes you smart. Survey says that the employers in the US prefer grittier people over intelligent people while hiring. Efforts always count twice than the talent, so one should never stop putting efforts, for the talent that possesses skills can achieve a lot with a little extra effort.

Grit scale is used to measure the level of grittiness in an individual. It has some parameters to measure, like, how much one could be distracted by external factors, what is the tolerance level of an individual, hard work, commitment to finish the task that has been taken up, never give up attitude, overcoming setbacks etc.

Grit grows with age. In a large sample of American adults, it is found that the grittiest people are very old in age and younger people are less gritty.

Growing grit from inside out: In this, there are four important parameters are which help in growing grit from within. They are:

1. **Interest:** It is the passion for what we do, when we enjoy what we are doing. Every gritty person always says “I love what I do”. So interest really matters if you want to instigate grit in you.
2. **Practice:** This is one form of perseverance in which we have to be disciplined in trying to do things better every day. After discovering and developing an interest in a domain, you must dedicate yourself completely to achieve your goal by continuous practice.
3. **Purpose:** It means “the intention to contribute towards the well-being of others.” Most of the times, interest without any purpose is difficult to sustain for a long period of time. There must be some purpose for doing things you want to do. So the saying goes like “my work is important- both to me and others”.
4. **Hope:** It defines each and every stage in the process of developing grit. It is important to keep moving, even when things are not working in your favour.

Growing grit from outside in: This involves three parameters:

1. **Parenting for grit:** Wise parenting is needed to nurture grit in a child because children develop potential when raised with love. Wise parenting is basically a collaboration of supportive and demanding parenting. So wise parenting is a type of external inspiration which one can get from their parents to develop grit from outside in.
2. **Playing fields of grit:** Right from the initial stage of a child’s life, parents will have to make their children focus on different types of playfields so that their grit develops. Thus, extra-curricular activities are must to grow grit.
3. **Culture of Grit:** The culture in which people live powerfully shapes every aspect of the life. Culture is the shared norms and values of a group of people. It externally plays a major role in developing and designing the grit in ours.

Conclusion: So this article talks about grit (passion and perseverance) which helps people achieve their potential completely. Grit is needed for long-term goals, it can be developed from “inside out” by cultivating the interest, developing the habit of practice, connecting it with purpose and hope when everything is lost.

When it is developed “from outside in”, parents, coaches, teachers, bosses, mentors, and friends can help a person. And ultimately happiness and satisfaction grow as our grit grows.