

## **GRIT- Power of Passion and Perseverance**

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The book is regarding a word Grit, which is a combination of two important words i.e. Passion and Perseverance. The people who are having Grit in their attitude they can easily surpass the people who are called as Genius.

### **What is Grit and Why it is Important:**

Grit is a word used for people who have Passion to do anything in life without any deviations from their goal, who are self-motivated to follow their dreams passionately. Their interest doesn't change on time to time and they are obsessed with certain ideology for a long time.

Other part of the Grit is Perseverance i.e. Persistence in doing any kind of work whether it is hard or simple. It is the attitude in which people overcome all setbacks to conquer any kind of challenges. It is working for something you love and will be happy to do forever.

In today's scenario, Being Genius is not only option to succeed in life. If you have talent and you are not using it, you will be on same platform as others are. But the people who are not talented but have a Grit attitude will definitely succeed in all platforms of life. So one should have passion and perseverance compulsorily, being Genius is optional.

Don't get distracted by talent, hard work always pays off. The things in which you are interested makes you smart enough to talk about irrespective of your overall weakness. In many surveys done in America employers prefer Grittier people than intelligent people for work.

Efforts always count Twice than the talent, so one should never stop putting efforts how much ever hard the work is. To get from having talent to achievement, one should put efforts with talent to get skill as a result and then further with this skill collaborating with effort again will definitely results in achievement.

Grit scale is used to measure the level of grittiness in an individual. It has some parameters to measure like how much one can be distracted with new ideas, what is the tolerance level of an individual, hard worker, finishing whatever beginning, never give up attitude, Obsession with certain idea, overcoming setbacks etc.

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

**Growing Grit from Inside Out:** In this four important parameters are there which help in growing Grit within our self. They are:

1. **Interest:** Passion always begins 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 grow grit inside yourself.

2. **Practice:** This is one form of perseverance, in which we have to be in discipline of trying to do things better every day. After discovering and developing interest in domain area, you must dedicate ourselves completely to your goal by continuous practice.
3. **Purpose:** It means “The intention to contribute to the well-being of others.” Maximum time interest without any purpose is difficult to sustain for a lifetime. There must be some purpose for doing things you want to do. So the saying must go like “My work is important- both to me and to others”.
4. **Hope:** Defines each and every stage in the process of Grit. It is important to keep moving even when things are not working in your favour. If we stay down, Grit loses. If we get up, Grit Grows.

**Growing Grit from Outside In:** This involves three parameters:

1. **Parenting for Grit:** Wise parenting is needed to grow grit in child because they need love and latitudes to develop potential in them. 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 grow their Grit from outside In.
2. **Playing fields of Grit:** From the starting itself parents can focus their child in different types of playfields, so that their Grit grows from childhood itself. So extra-curricular activities is must to grow Grit from childhood.
3. **Culture of Grit:** The Culture in which people live powerfully shapes every aspects 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 ourselves.

**Conclusion:** So this article talks about Grit (Passion and Perseverance) which helps people achieve their potential fully. Grit is needed for long term goals. We talked about growing Grit “from Inside out” by cultivating the Interest, developing the habit of Practice, connecting it with Purpose and Hope when everything is lost.

Article talks about growing Grit “from Outside In” in which parents, coaches, teachers, bosses, mentors and friends can help to develop the Grit. And ultimately Happiness or Life satisfaction grows as our Grit grows.