

# Success Habits

# GRIT

# A Recap of Confidence

- Confidence means to act with faith
- Confidence in one's ability increases the chances of success
- To build confidence;
  - Think You Can
  - Say You Can
  - Act as if you can until you can
- Confidence – Humility = Pride



Watch the attached video

The Key to Success? Grit.  
By Angela Duckworth on TED Education

[http://www.ted.com/talks/angela\\_lee\\_duckworth\\_grit\\_the\\_power\\_of\\_passion\\_and\\_perseverance](http://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance)

## **Salient Points**

Success is not dependent on talent, special skill, high IQ, environmental factors or knowledge alone.

## Salient Points

Grit is having stamina, sticking to your future, and working really hard to making that future a reality.

## **Salient Points**

People who have grit persevere when they fail because they believe that failure is not a permanent condition.

# What is Grit?

Grit is *mental toughness, courage, and perseverance*. It requires *patience and hope* that your venture will lead to a desired outcome or your goal will be achieved.






GRIT is Guts, Resilience, Industriousness and Tenacity. GRIT is the ability to focus, stay determined, stay optimistic in the face of a challenge, and simply work harder than the next guy or gal.


— *Linda Kaplan Thaler* —

**AZ QUOTES**





Is grit learnt or in-born?  
Can one learn to persevere or  
perseverance is just a personality trait  
that a person is born with?



How can one develop grit? How can  
you develop perseverance and  
mental toughness?

**1**

Develop a passion to succeed.  
Be determined to finish  
whatever you start.

**GRIT**

A person is climbing a vertical rock face. The climber is silhouetted against a bright, golden sunset sky. The rock is textured and layered. The climber is in a dynamic pose, reaching up with one hand and foot. The overall scene conveys a sense of challenge and achievement.

2

**Open yourself more to new  
Experiences/Challenges...**

Life is about solving problems and overcoming challenges. The more problems you solve, the more *satisfied* you become and the *higher* *your likelihood of succeeding.*

Be ready to look inexperienced.  
Be willing to handle *failure*.



A photograph of Angela Duckworth, a woman with dark hair, wearing a black top with a gold floral pattern. She is speaking and gesturing with her hands. The background is a blurred blue light.

We have to be willing to fail, to be wrong,  
to start over again with lessons learned.

**- Angela Duckworth**

Build a support base. Ask for help when necessary.





Be patient. Success usually comes to those who wait it out.

## In Summary...

Either in business, career, marriage, parenting, ministry or even in your Christian faith, grit is one defining factor for success.



# Questions & Contributions