

# GRIT

**GRIT** is a combination of passion and perseverance in the pursuit of a long-term goal (Duckworth, 2016).

To Develop GRIT:

1. Pursue interests and passions.
2. Make goals meaningful.
3. Commit and then *practice, practice, practice*.
4. Develop an incremental approach to goal achievement.
5. Hang out with other gritty people.
6. Develop a growth mindset and self-efficacy: An “I can do it!” attitude.
7. Persistence rules: *Never, never, ever give up!*