

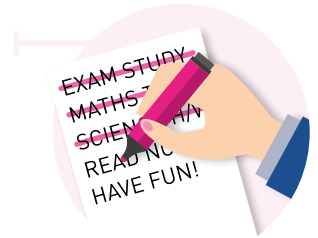
How to Cultivate Grit

GRIT IS THE ABILITY TO ENDURE STRUGGLE, TO FAIL AND TRY AGAIN, AND TO DO THIS OVER AND OVER

Research tells us that grit is a **stronger indicator of success** than talent or ability. We also know that the combination of traits that make up grit can be learnt.

CULTIVATE GRIT BY USING THE 'HARD THING' RULE

Every one of us should be working on something difficult at any one time. This requires deliberate practice and effort. Tolerate improving slowly.



CELEBRATE THE STRUGGLE

Each night at home, talk about how you struggled – not just about what you did well! **Why? Because it is when we struggle that we grow.**

GET OUTSIDE YOUR COMFORT ZONE

Humans are wired to seek out comfort. Recognise what rules you follow to stay inside your comfort zone, and then change your rules!



ADOPT A GROWTH MINDSET

A growth mindset is the belief that we can work hard and improve. Use the power of “yet” – there is a difference between not knowing and not knowing yet!