Grit

Grit can be defined as hard work, passion, and perseverance to hit long term goals. By working hard, being passionate about what you do daily, and persevering through tough times, you will see success. Talent does not guarantee success, effort counts twice.



Growth Mindset

In a growth mindset, people believe that their abilities can be developed through dedication and hard work. This view creates a love of learning and a resilience that is essential for great accomplishment. Having a growth mindset is an offensive approach to growth, rather than having a fixed mindset which hinders your desire to learn.

There are many benefits to practicing a growth mindset. You are more comfortable with taking on challenges with higher motivation. It also promotes lower stress and anxiety, better relationships, and higher performance levels. You can ask yourself how you can shift your thinking to positive outcomes and stray away from negative thinking.

FIXED MINDSET	vs	GROWTH MINDSET
I can't do this.	>>	I'm on the right track!
It's good enough.	>>	Is this my best work?
I made a mistake.	>>	Mistakes help me learn.
I give up.	>>	Let me try another way.
This is too hard.	>>	This may take time.
I am not good at this.	>>	I'm just getting started!
Plan A didn't work.	>>	There's always a Plan B!

KEY TAKEAWAY

How can you apply Grit and Growth Mindset to your career?