I do agree with the idea that grit and growth mindset is more important than “intelligence”! Growing up I’ve always been what some would call a “gifted kid”, school was never an issue and was pretty much always easy, I didn’t need a growth mindset so I didn’t really develop one. I believe in grit and a growth mindset because I’ve experienced what it’s like to be on the other side of the coin and not have it. I completely understand and buy into grit, but up until very recently I haven’t really been trying to step into it and gain some grit for myself.

Failure sucks, failure feels so bad and is the worst thing ever, but it’s 100% necessary and can be a great thing. Pretty much all knowledge has come from failure, whether it was from firsthand experience, witnessing someone fail, or long passed down from people who failed in the past. You can learn from success, but generally you learn more from failure. Those who are the “pros” or “masters” of a skill aren’t people who never failed, they have likely failed more times than the average person has even tried. Whenever I feel down about not being good at something I like to think about [this comic.](https://preview.redd.it/h7xpba6j8bsz.png?width=554&auto=webp&s=2adaf7376f934da12b8fcc21599d5cfbbbfd9330) It points out that winners have usually lost more than losers have lost, so winners are just super losers and we should strive to be super losers ourselves.

I was very fixed minded for most of my childhood and up until about my junior year. Like I said earlier I was always good at school so I never had to try, and then when things got hard I would just drop them and stop trying. In ninth or tenth grade I got this teacher, Trevor Olsen, who is one of the most growth minded people I’ve ever met, he started at my high school teaching history, then he started teaching robotics, taught himself woodworking and started teaching that, taught himself juggling because he hurt his right arm and needed to teach his left arm to be coordinated, and he’s taught himself so much more. My senior year was his last year at my high school, he quit because he wants to go do something new, learn something new, and grow. He also cursed me and said that I’m going to become a teacher because him and I are so similar and I said I hate teaching. I have since become the unofficial tutor helping people in our intro to cs class… I took a lot of his classes and he showed me what you can do with a growth mindset if you just try. Since then, learning new things just feels so much more approachable.

I have benefitted from creating new growth minded and gritty habits so far, so I could only benefit even more by implementing more of those positive habits into my behavior. I still very much want to quit when things get tough, so right now that’s the habit I’m trying to replace.