The key to success

Half a year ago I Inadvertently watched a TED talk on YouTube. I was lazing on my chair and sipping my kale smoothie, and this TED talk was like other thousands of videos to me at first. After ten minutes, I learned a new English word and deeply attracted by what the speaker said, before that, I never heard of the word grit, and never think the critical element of pursuing success. The whole point about that talk is the key to success, the speaker was a math teacher and she told the audience that students who usually success in her class is not the one with high IQ, but the one can keep practicing math problems day after day for years. This topic shocks me not because I never persist in doing something before but what she said is actually what I always do during my life. I cannot stop thinking about myself while I am watching the TED talk, because it seems that I am doing pretty great on things which I keep doing for a long period.

I am an ordinary student with average IQ, also a student from China, a place where almost every student can do excellent in mathematics. I got A plus on every math and physics courses, and what I did is just keep practicing, take one hour a day, keep doing it for many years. It appears unbelievable such as I can calculate big numbers in my mind or solve physics problems without a formula sheet. This grit also works on other aspects, another thing happened to me is swimming and powerlifting. I can barely swim for 100 meters by using freestyle when I first learn it, but now I can swim pretty fast and keep swimming half an hour without rest. No tricks but keep swimming three times a week for years. Also, the powerlifting, I can deadlift twice my weight because I keep doing it over 3 years. Those are the things I do basically as routine, and the reason perhaps I like them sincerely.

After I watch this TED talk, I asked myself, this grit works well on what I am good at, how about the things I don't like? The answer would be a positive yes, even I have not experimented on things I suck. So, I am going to use this value to test my worst subjects like reading and writing. I decided to read some article twice a week and write some drafts once a week to see if I can finally like reading and writing a little bit and made some progress. If that so, this TED talk is definitely my life saver.

The title of the TED talk is “the key to success”, however, I think success is quite a big word. In my opinion to get an A+ or doing well in sports is not a success. Maybe the word grit is not very appropriate to interpret this significant value, I prefer persistence or determination. After watching this TED talk let me realize persistence can make things much easier than you think.