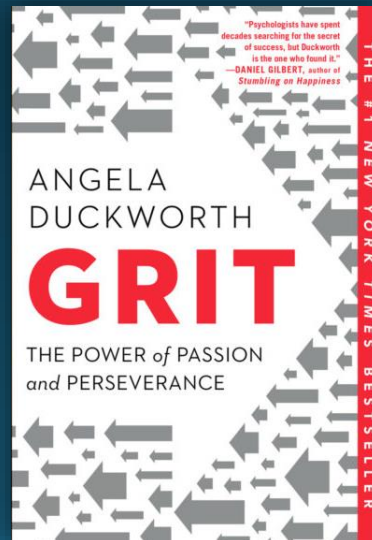


GRIT

The Power of **Passion** & **Perseverance**
Kekuatan **Hasrat** & **Kegigihan**



Adi Wahyu Adji

Jakarta, 03 Oktober 2018

QS Al Mulk: 2

الَّذِي خَلَقَ الْمَوْتَ وَالْحَيَاةَ لِيَبْلُوَكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا ۚ وَهُوَ الْعَزِيزُ الْغَفُورُ ﴿٢﴾

Yang menjadikan mati dan hidup, supaya
Dia menguji kamu, siapa di antara kamu yang lebih baik amalnya.
Dan Dia Maha Perkasa lagi Maha Pengampun

Target

1. Memahami apa itu GRIT, passion & perseverance
2. Mengukur GRIT masing-masing
3. Membuat Goals Hierarchies (struktur tujuan)

*"You know,
you're no genius!"*



*Angela's Duckworth Father said before she get Mac
Arthur Fellowship*

I would say, “Dad, you say I’m no genius. I won’t argue with that. You know plenty of people who are smarter than I am.” I can imagine his head nodding in sober agreement.

“But let me tell you something.

I’m going to grow up to love my work as much as you love yours.

I won’t just have a job; I’ll have a calling. I’ll challenge myself every day.

When I get knocked down, I’ll get back up.

I may not be the smartest person in the room, but I’ll strive to be the grittiest.”

Akademi Militer AS (West Point)



What struck Mike was that rising to the occasion had almost nothing to do with talent. Those who dropped out of training rarely did so from lack of ability.

Rather, what mattered, Mike said, was a “**never give up**” attitude.

GRIT

In sum, no matter the domain, the highly successful had a kind of ferocious determination that played out in two ways. **First**, these exemplars were unusually **resilient** and **hardworking**. **Second**, they knew in a very, very deep way what it was they wanted. They not only had **determination**, they had **direction**.

It was this combination of **passion** and **perseverance** that made high achievers special. In a word, they had **grit**.

1. *Resilient* (tegar) and *Hardworking* (kerja keras)
2. *Determination* (tekad kuat) dan *Direction* (arah)

Passion (hasrat) + *Perseverance* (kegigihan) = *GRIT* (ketabahan)

Terabaikan Oleh Bakat

Balita

Perkenalkan Bella, Anak 4 Tahun yang Fasih Berbicara 7 Bahasa



anak kita atau anak orang lain?

Usaha 2 (Dua) Kali Lebih Penting



talent x effort = skill

skill x effort = achievement

Anthony Ginting



Anthony Ginting



HOW GRITTY ARE YOU?

Passion

Question	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
1. New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
3. I often set a goal but later choose to pursue a different one.	5	4	3	2	1
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
7. My interests change from year to year.	5	4	3	2	1
9. I have been obsessed with a certain idea or project for a short time but later lost interest.	5	4	3	2	1

Perseverance

Question	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
2. Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
4. I am a hard worker.	1	2	3	4	5
6. I finish whatever I begin.	1	2	3	4	5
8. I am diligent. I never give up.	1	2	3	4	5
10. I have overcome setbacks to conquer an important challenge.	1	2	3	4	5

	Sama sekali tidak seperti saya	Tidak seperti saya	Agak mirip dengan saya	Umumnya seperti saya	Benar- benar seperti saya
1. Gagasan dan proyek baru terkadang mengalihkan perhatian saya dari gagasan atau proyek sebelumnya.	5	4	3	2	1
2. Kemunduran tidak mematahkan semangat saya. Saya tidak mudah menyerah.	1	2	3	4	5
3. Saya sering menetapkan tujuan tapi kemudian memilih mengejar tujuan berbeda.	5	4	3	2	1
4. Saya pekerja keras.	1	2	3	4	5
5. Saya sulit mempertahankan fokus pada proyek yang membutuhkan waktu lebih lama untuk diselesaikan.	5	4	3	2	1
6. Saya menyelesaikan apa pun yang saya mulai.	1	2	3	4	5
7. Minat saya berubah dari tahun ke tahun.	5	4	3	2	1

	Sama sekali tidak seperti saya	Tidak seperti saya	Agak mirip dengan saya	Umumnya seperti saya	Benar- benar seperti saya
8. Saya rajin. Saya tidak pernah menyerah.	1	2	3	4	5
9. Saya pernah terobsesi pada gagasan atau proyek tertentu selama sesaat tapi kemudian minat saya hilang.	5	4	3	2	5
10. Saya pernah mengatasi kemunduran untuk menaklukkan tantangan yang penting.	1	2	3	4	5

$$\text{GRIT Score} = \frac{(\text{Nilai Passion} + \text{Nilai Perseverance})}{10}$$

Percentile	Grit Score
10%	2.5
20%	3.0
30%	3.3
40%	3.5
50%	3.8
60%	3.9
70%	4.1
80%	4.3
90%	4.5
95%	4.7
99%	4.9

The only thing that I see that is distinctly different about me is:

I'm not afraid to die on a treadmill.

I will not be outworked, period. You might have more talent than me, you might be smarter than me, you might be sexier than me. You might be all of those things. You got it on me in nine categories. But if we get on the treadmill together, there's two things:

You're getting off first, or I'm going to die. It's really that simple.

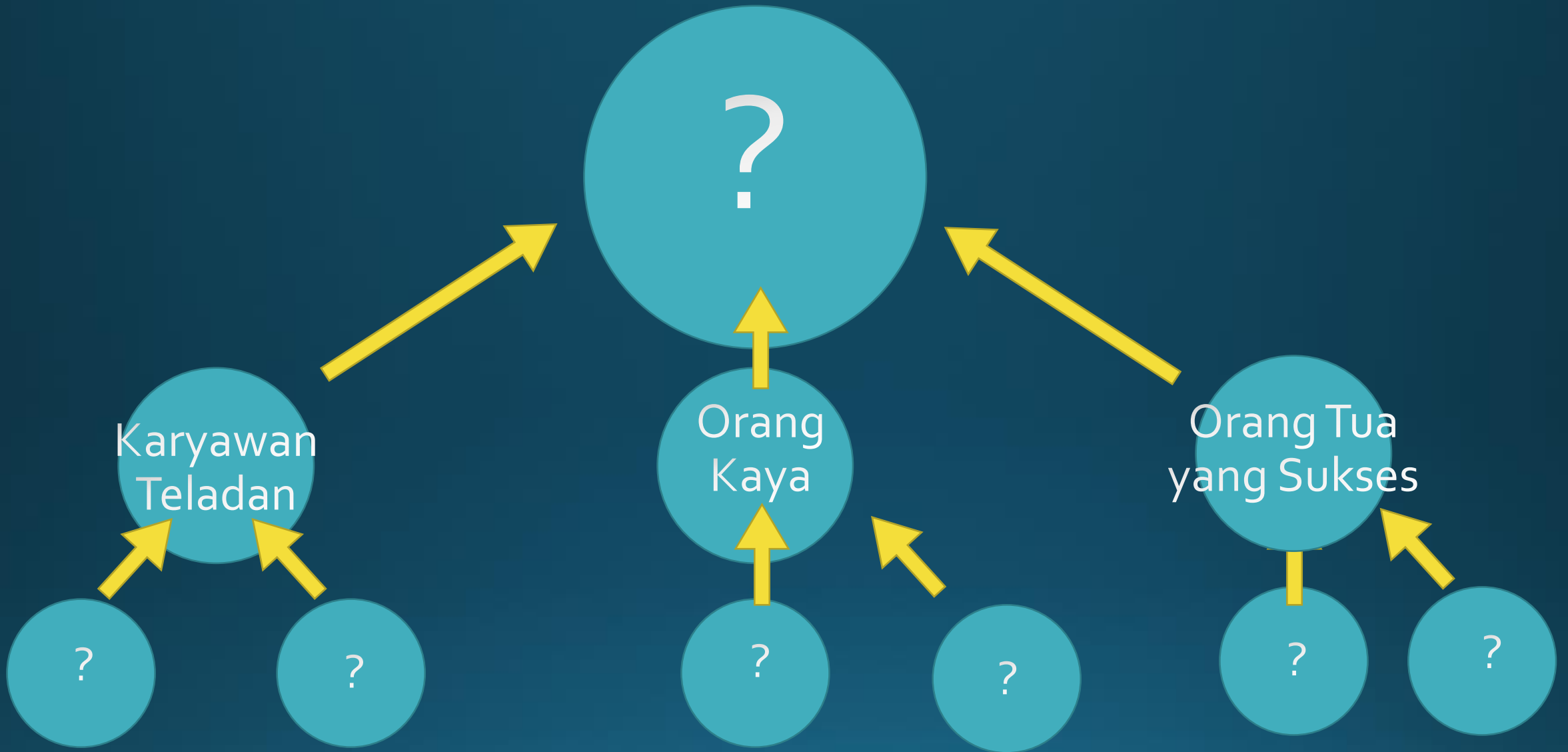
~ Will Smith ~

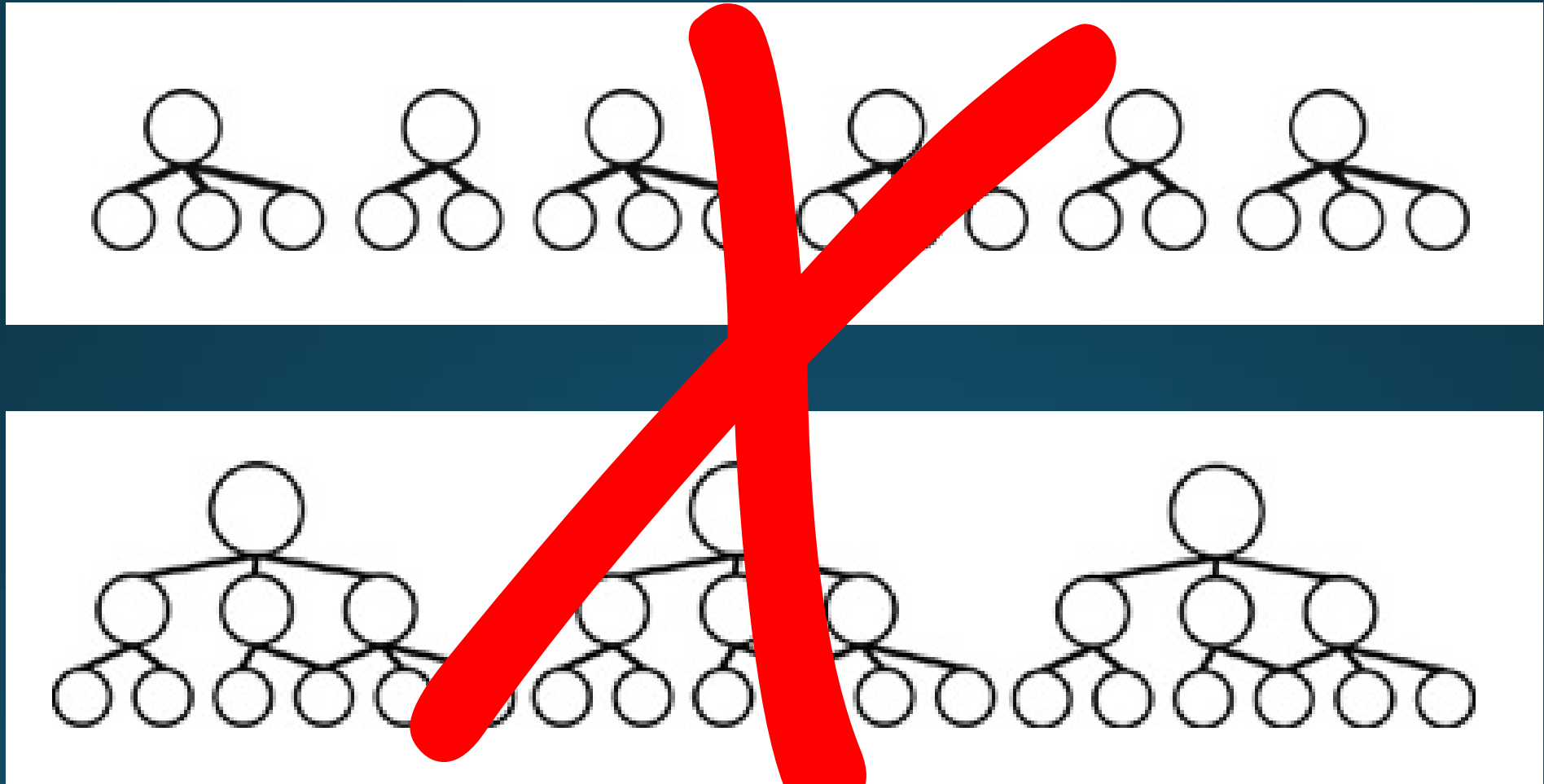
A portrait of Will Smith, looking directly at the camera with a slight smile, resting his chin on his hand. He is wearing a dark suit jacket over a striped shirt. The background is a warm, brownish-gold color.

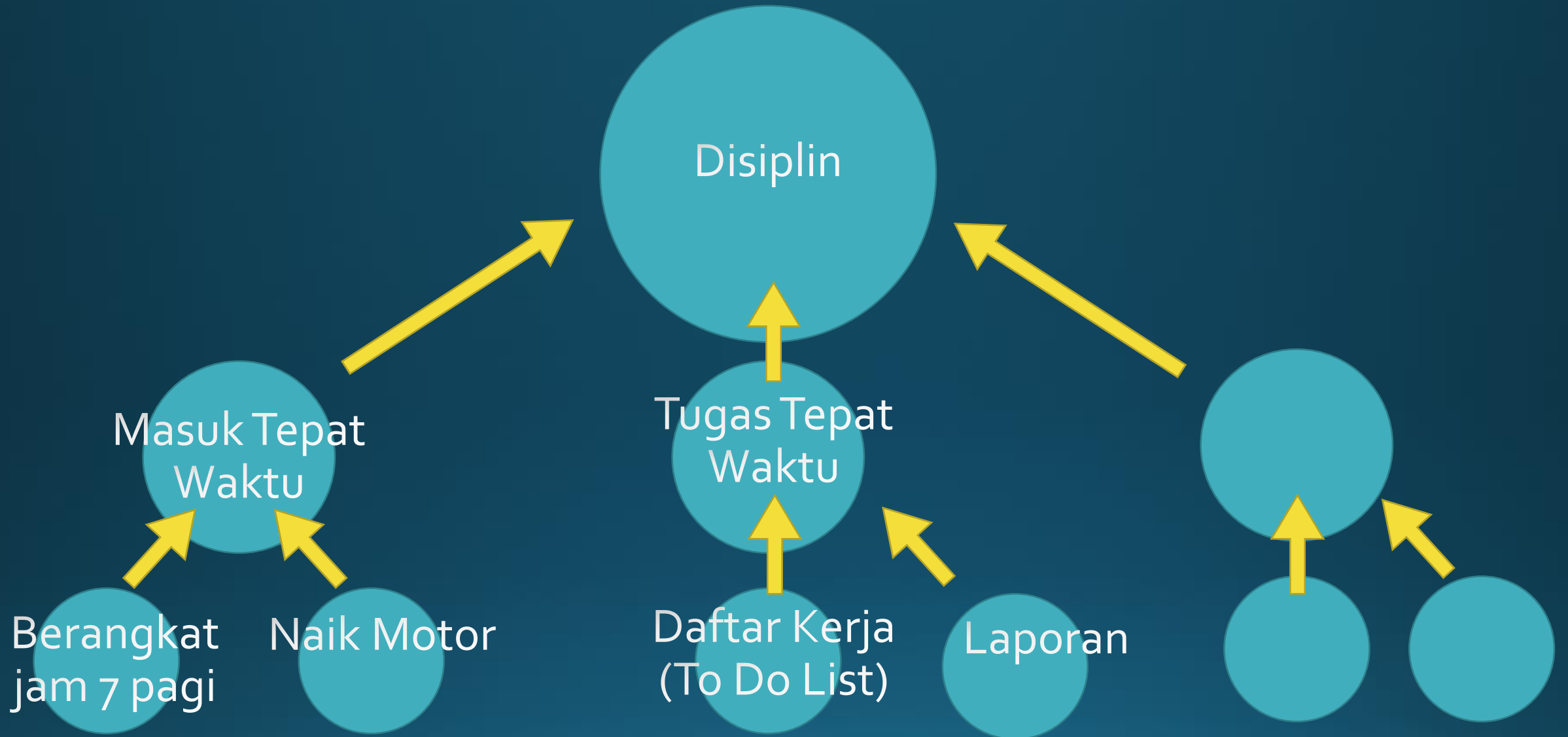
**“I WAKE UP
EVERY MORNING
BELIEVING
TODAY IS GOING
TO BE BETTER
THAN
YESTERDAY.”**

- Will Smith

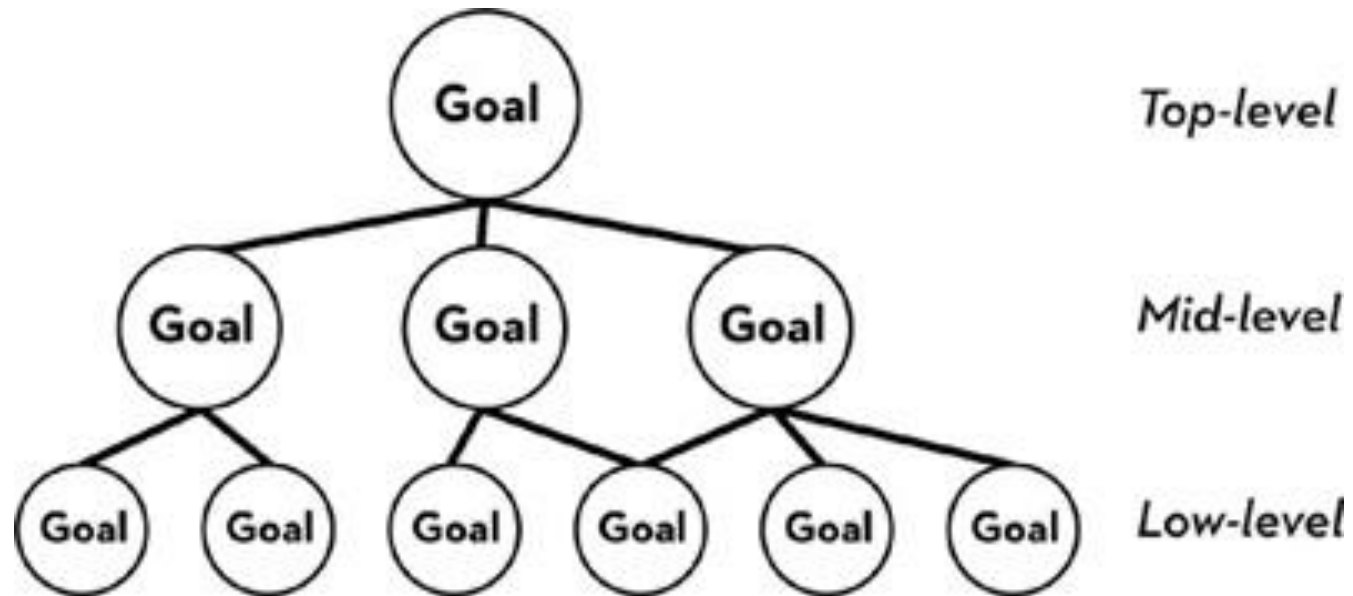
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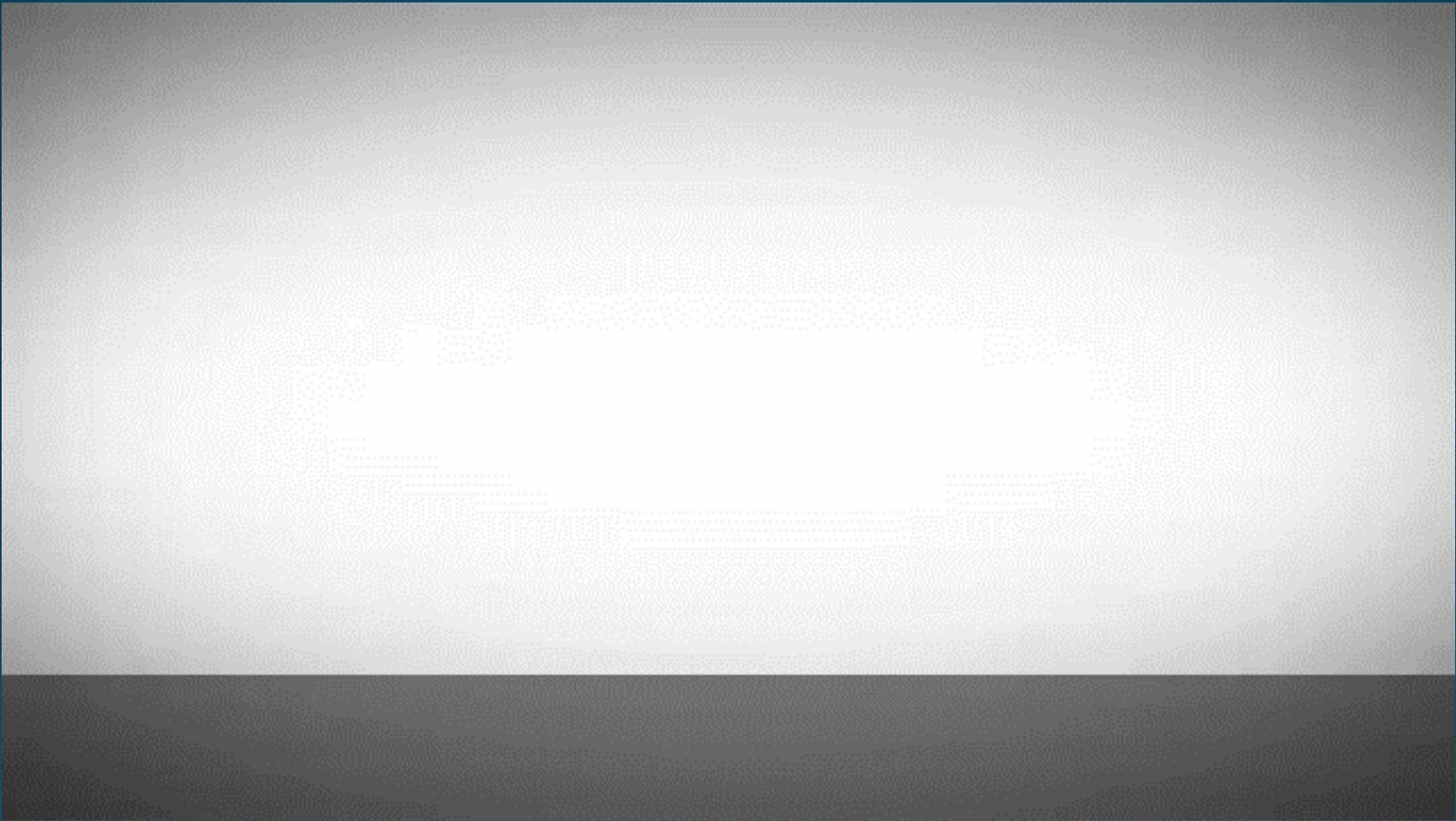






Goals Hierarchy






Warren Buffet's Tips

write down a list of **twenty-five** career goals



you do some soul-searching and circle the **five highest-priority goals**. Just five.

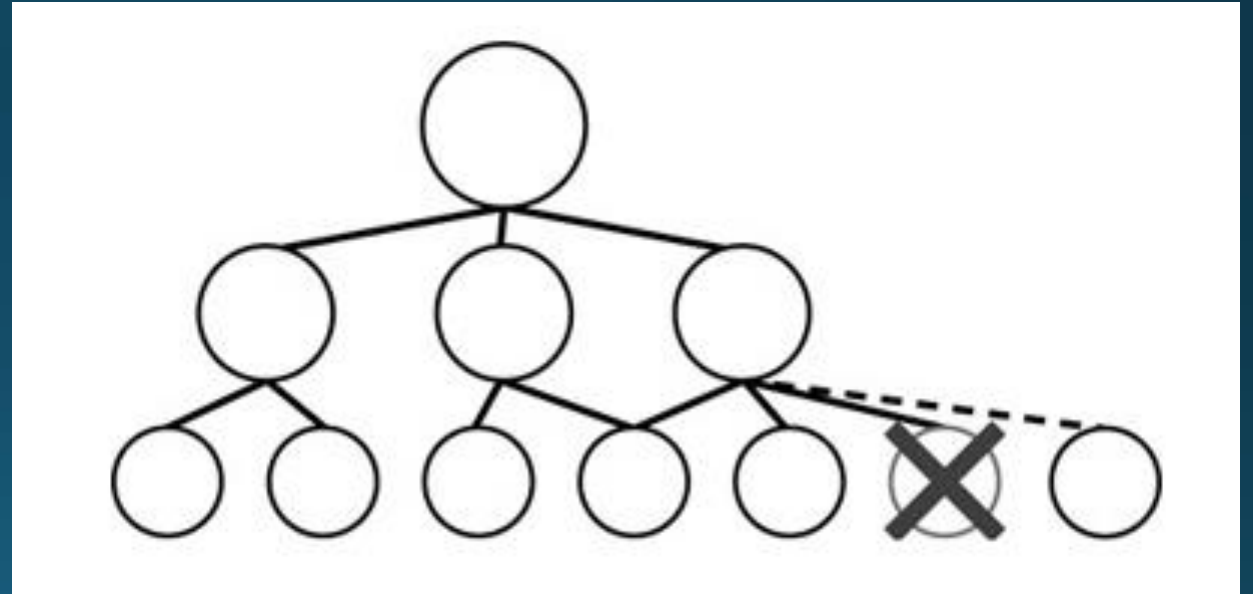
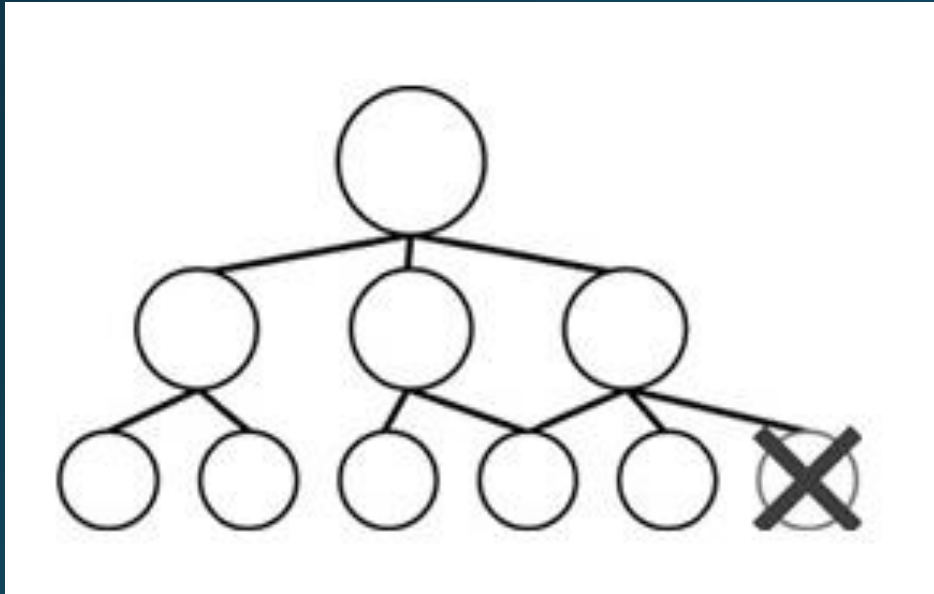


you take a good hard look at the twenty **goals you didn't circle**. These you avoid at all costs. **They're what distract you**; they eat away time and energy, taking your eye from the goals that matter more

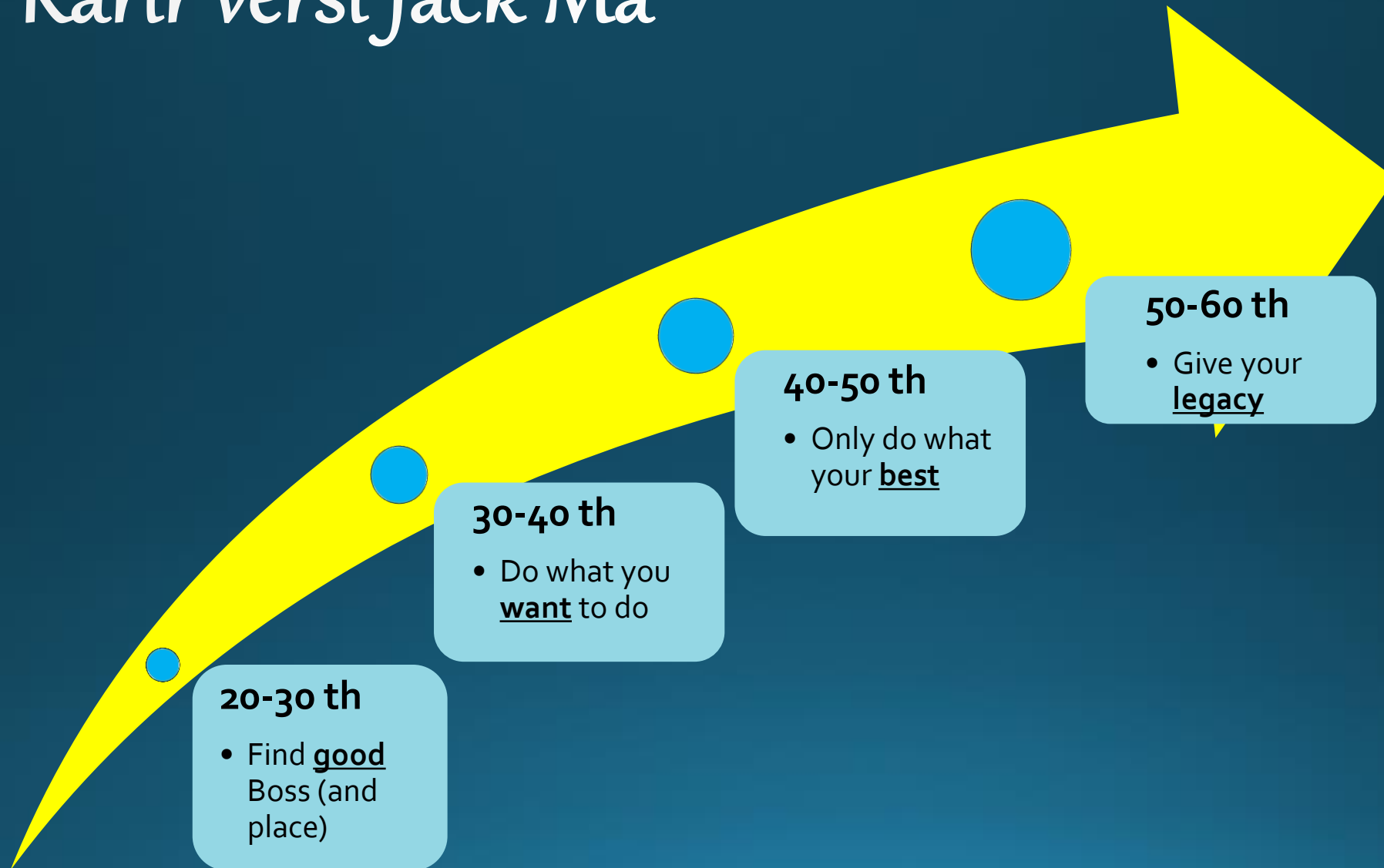
Membuat Goals Hierarchy

1. Tulis minimal 10 target pribadi dalam 10 tahun ke depan
2. Pilih 3 terbaik
3. Buat Goals Hierarchy selengkapnya

Makna Kegagalan



Fase Karir versi Jack Ma



**Your time is limited,
so don't waste it living
someone else's life.**

- Steve Jobs

