Ivy Tech Community College

Grit in the Workplace

Reflection Assignment

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BUSI279

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Dr Indio White defines grit as the combination of passion and preference needed to achieve long-term goals. She states that grit is closely linked to resilience. It suggests that the ability to bounce back from setbacks is important for pushing forward despite challenges. In my own personal experience, I have encountered setbacks especially towards an academic challenge or goal. Each time I face a setback, my ability to remain focused on my long-term goal demonstrates resilience. It shows grit and pushing through difficulties.

To develop grit, Dr. White suggests embracing challenges and viewing them as opportunities for growth. One effective way is by setting specific, achievable goals to match up with one’s passions. In my current job and in my future career I hope to identify things that I am passionate and enthusiastic about. By doing this, I will be motivated when faced with obstacles and uncertainties which are likely to happen in my career. I plan to identify things that ignite my enthusiasm. The commitment to push through challenges, along with my interests, will be essential in my resilience and ensuring I stay on the course and move forward.

Grit will play a significant role in my workplace success as I become involved in new opportunities and challenges. It will empower me to remain focused on my future, even when faced with difficulties or failures. Through tough situations, I can develop stronger relationships with others and demonstrate my commitment to the team and its goals. Grit will help me navigate any complex situations in my career. With resilience also, I can approach failures as learning experiences, not setbacks. Grit and resilience would not only help my personal success but help me collaborate effectively with coworkers. I can create an environment where I will thrive and help those around me do the same.