

GRIT

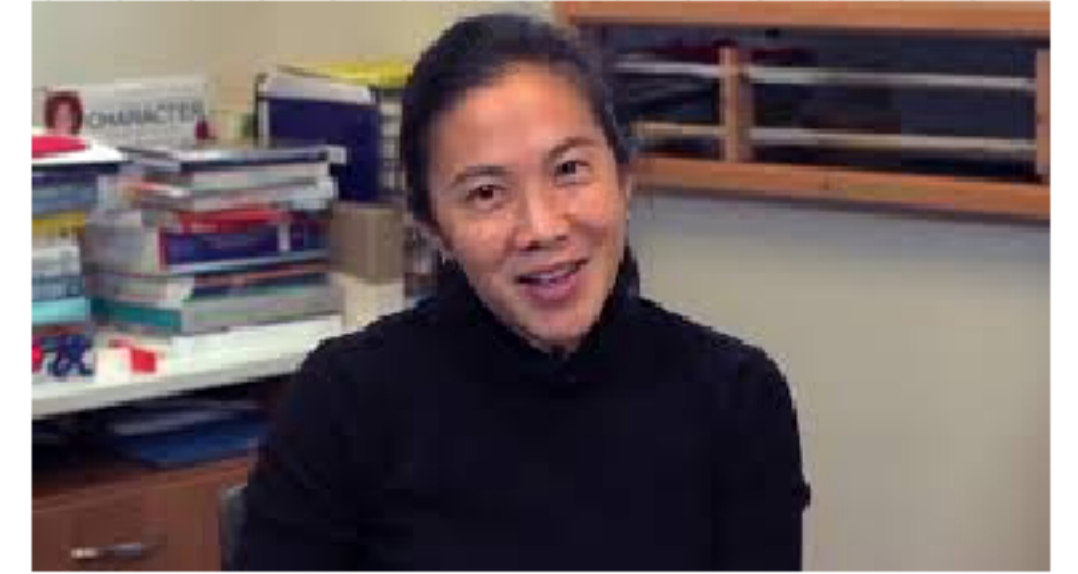
The Power of Passion
and Perseverance

* * * * *

persistence
focus
endurance
constant improvement



Angela Duckworth - Author of GRIT



EFFORT COUNTS TWICE

TALENT X EFFORT = SKILLS

SKILLS X EFFORT = ACHIEVEMENT

ANGELA DUCKWORTH - AUTHOR OF "GRIT"

**GRIT
GOAL**

What is grit?

My Goal is...

Reason I have this goal

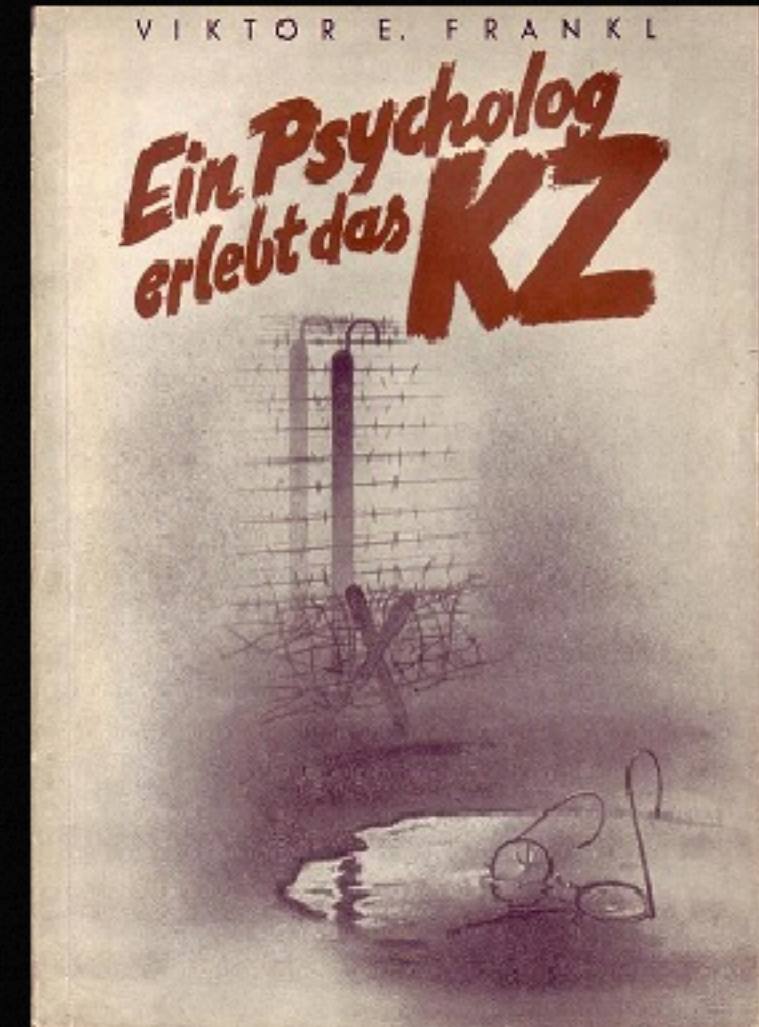
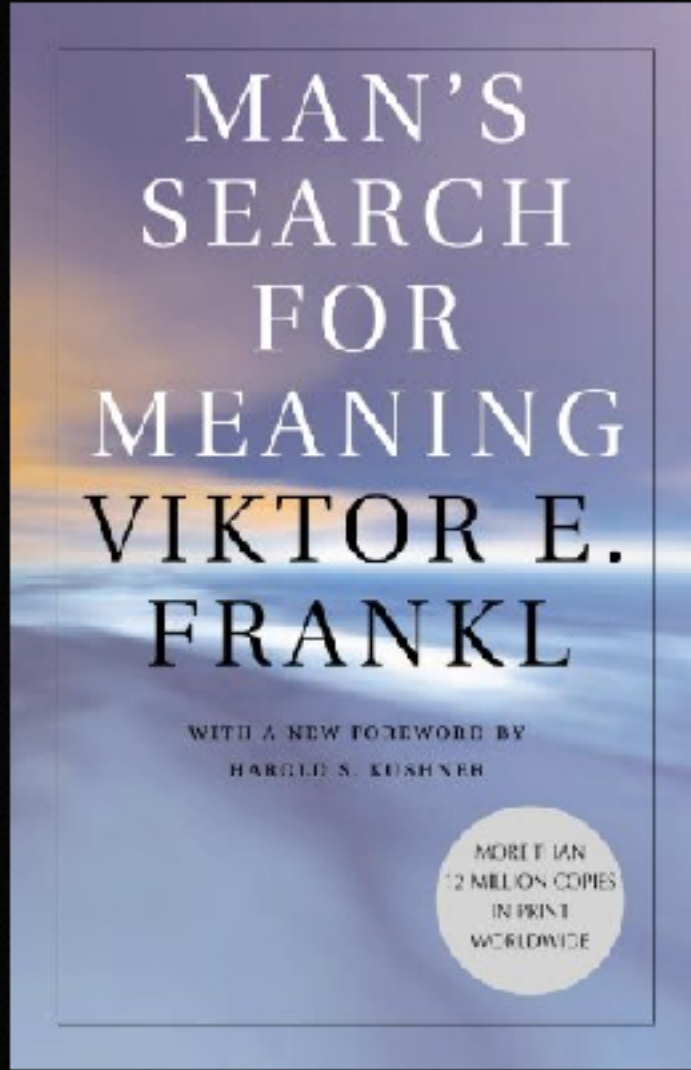
What I will do to reach this goal

Tools I need to reach my goal

GIVE IT YOUR ALL **R**EDO IF NECESSARY **I**GNORE **T**AKE TIME TO **R**IGHT



**Set a
target!**



Man's Search for Meaning is a 1946 book by Viktor Frankl chronicling his experiences as a prisoner in Nazi concentration camps during World War II, and describing his psychotherapeutic method, which involved identifying a purpose in life to feel positive about, and then immersively imagining that outcome. According to Frankl, the way a prisoner imagined the future affected his longevity.