Freakonomics Radio

### “Grit”

* “deliberate practice” is more important than the talent you were born with.
* talent is vastly overrated; practice is critical.
* how do you force yourself to practice?
  + you have GRIT! … also you can obtain more grit
* Duckworth family – WRONG THINKING –
  + “you are no genius” from Dad
  + if you are not smarter than everyone else you have no hope
* brains matter less than grit
  + - natural ability does not produce greatness
* greatness is something you accomplish yourself
* “Grit is passion and perseverance for long term goals”
* Gritty people have:
  1. **Interest**
     + passion has to come first
     + finding your passion is hard. needs fostering. exploration.
     + you need to learn to substitute nuance for novelty
  2. **Practice**
     + “deliberate” practice
     + 10 years or 10 000 hours of effortful practice makes a world class expert
     + focus performance on one improvement at a time
     + “labouring” “un-fun” “reflection”
  3. **Purpose** 
     + connecting work/hobby to people who are not you
     + see how work is connected to teammates/sport as a whole
  4. **Hope**
     + power of positive thinking to carry you through problems, speed bumps and 10,000 hours practice
     + you need to believe effort can make changes