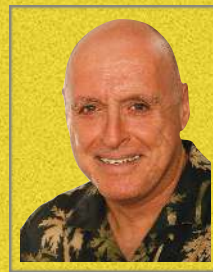


THE EXTRA POINT

BY JERRY ROBERTS



288 Grit — What it is and How to Get it in Your Life

If I asked you if you possessed “grit,” what would you say? I’m Jerry Roberts and today we’ll talk about grit, why and how to get it in your life. That’s next, on The Extra Point.

A simple definition of grit is mental toughness. When the challenges of a job and of life rise up, so do you. You hang in there. You persevere when others quit. You stay late when others go home.

When people think of people with grit, maybe they conjure up images of cowboys in the 1800s, or the forces who liberated Guam in 1944. There’s no doubt those in both examples had it. When I hear the word “grit,” others images also flash. A single mother raising a child, without anyone to turn to. How do I know? That was my mother.

I think of men and women who sweated and scratched and saved, and who had an idea for a business — whether borne of inspiration or desperation — who convinced their families that the road ahead would be rocky but worth it, and then built many of the long-standing companies we see in Guam today. They had a vision and they pursued it with everything they had — and they had grit.

Angela Duckworth, professor of psychology at the University of Pennsylvania and author of *Grit: The Power of Passion and Perseverance*, uses a formula where she factors in effort to chart progress. She says talent times effort equals skill, and skill times effort equals achievement. Without grit we don’t expend that effort, and therefore we’ll never achieve the things in life we say we want.

Duckworth’s research revealed evidence such as: participants in the National Spelling Bee outperform their peers not because of IQ, but because of their grit and commitment to consistent practice. Adults who are gritty are

likelier to succeed at work and stay in their marriages.

So how do we develop our grit muscles? Duckworth focused on five key areas. This works for relationships as well as career.

1. Pursue your interests. In the case of work, find something you like to do, hopefully something that is challenging. Even better, work that has some significant upside benefits if you stay with it.

2. Practice, practice, practice. If we really like what we do, we’ll put in the time to get better at it.

3. Connect to a higher purpose. We’ve talked about finding your “why?” Regularly remind yourself of your “why?” and you’ll likely hang in there when the temptation to quit starts to overwhelm you.

4. Cultivate hope. If you believe it, you can achieve it.

5. Surround yourself with gritty people. Some days you won’t be feeling it, your grit tank may be running on empty. Gritty people pick each other up, fill them up, and get them to tomorrow.

May you have all the grit you need to get to where you say you want to go.

That’s The Extra Point. Get out there and make something happy happen today. For 93.3 and the Ray Gibson Show, I’m Jerry Roberts.

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