

## ? 1. Talent vs Effort: What's more important for success?

Our culture is obsessed with natural talent, but Angela Duckworth's research has found that consistent effort matters more, which she labels grit. Grit is a combination of: remaining interested in one thing for years, and continuing to work despite failures/plateaus.

## ? 2. Growing Grittier: The science of increasing your 'follow-through'

Science shows our brains are changeable, even basic traits like IQ can be highly influenced by our environment or upbringing. The foundation of growing grit is having a growth mindset that we can always improve, and learning optimism to interpret challenges as being temporary and fixable.

## ?? 3. Sustaining Passion: It's about exploration, commitment and connection

To become grittier, we must have passion, which in this book means an interest that lasts for many years in one direction. First you'll need to explore many interests, then commit deeply to one, and finally connect it to a purpose contributing to others.

## ? 4. Becoming Great: Deliberate practice can lead to effortless flow

To transform our passion into skill and achievement, we need deliberate practice. This means putting in hard effort and focus to become a little better every day. It includes receiving feedback, targeting our weak points and setting ever more challenging 'stretch goals.' Later, you may perform the skill in a state of effortless flow.

## ? 5. Nurturing Others: How to help those around us become grittier

To help others become more gritty, give them support with high expectations, sign kids up to extracurricular activities so they learn that deliberate practice can lead to improvement, and guide them to join a culture of people who are already gritty.

**This is just a sample!**

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