



Young Athletes Conditioning Camp Week 1, Day 2

Achieve Your Goals with Grit

The GRIT Formula:

$$\begin{array}{l} \text{Talent} \quad \times \quad \text{Effort} \quad = \quad \text{Skill} \\ \text{Skill} \quad \quad \times \quad \text{Effort} \quad = \quad \text{Achievement} \end{array}$$

This formula was developed by leading achievement researcher Angela Duckworth. It is found in her book *Grit, The Power of Passion and Perseverance*. Here is how she defines the terms:

Talent: how quickly your skills improve when you invest effort.

Achievement: what happens when you use your acquired skills.

EFFORT COUNTS TWICE!...

EFFORT BUILDS SKILL

EFFORT MAKES SKILLS PRODUCTIVE

How do I develop Grit?

- Choose something that *sparks your interest*.
- Identify a *greater purpose* for that interest.
- Commit to *long-term practice* and set *short and long-term goals*.
- Maintain *a sense of hope* that all your *work will pay off*.

Some questions to think about:

- Do people with more natural talent achieve more than those with less talent? Why or why not?
- What do you think of the saying, "If you put your mind to it, anything is possible"? Do you believe this is true for you or only certain people?
- Discuss some examples of how a person with a certain talent could apply effort to build a skill and then more effort to achieve something.