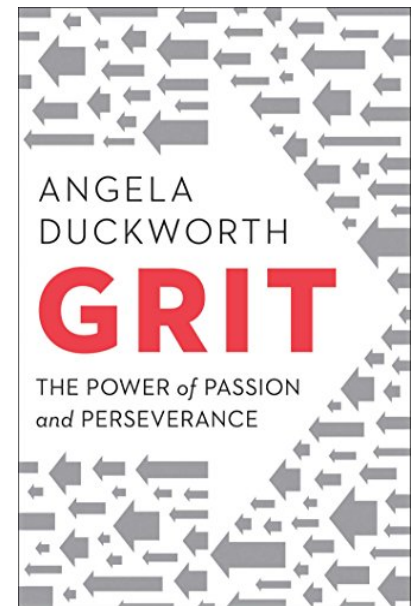


Grit Book Summary (PDF) by Angela Duckworth

Ready to learn the most important takeaways from Grit in less than two minutes? Keep reading!



Why This Book Matters:

Grit examines our natural tendency to think that hard work is more important than talent when, in reality, most believe skill is more important than hard work.

The Big Takeaways:

1. Talent and hard work equal achievement.

1. If Olympic athletes have talent but still must work exceptionally hard to compete and win.

2. Achieve long term goals by sticking to small goals.

1. Instead of setting big goals that can be overwhelming, utilize goals like stepping-stones that will gradually get you to your destination.

3. Practice your craft deliberately and intelligently.

1. Runners set smart goals, such as running a little further than yesterday, that result in achievement.

4. **It takes time to find your true calling in life.**
 1. Look for purpose in lesser jobs to fuel your motivation as you move closer to the big goal.
5. **Grit is a learned behavior, but most societies don't know that.**
 1. Some countries who have seen more trauma understand grit, while others don't quite understand what it truly means to push through and prosper.

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