



grit

**"Grit is living life like it's a marathon, not a sprint."
- Angela Duckworth**

"You only fail when you give up" -anon.

grit is
consistency
of interest
&
perseverance
of effort
over time.

& is associated
with a balanced
parasympathetic
& sympathetic
nervous systems.

effort vs. talent

"Hard work beats talent when talent doesn't work hard."

given that:

talent is rate of skill acquisition ...

skill = talent x effort &

performance = skill x effort (+ externals)

assuming equal effort in skill acquisition & use...

performance = talent x effort²

&
effort required = $\sqrt{\frac{\text{performance}}{\text{talent}}}$

e.g. if my opponent is 25% more talented than me how hard do I need to train to equal their performance?

```
>>> sqrt(1.25/1)  
1.118033988749895
```

i.e. i need to train 12% harder than my opponent.

warning

This is not a realistic calculation, simply an heuristic to aid understanding

grit scale

highly correlated
with success

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developing grit

1. cultivate a **growth mindset**
why put effort into development if you don't ...
2. do what you find enduringly fascinating
that one pursuit which you could never get bored of
3. view frustration as part of the process
success is always found on the other side
4. look for ways to make it more meaningful

“Humans are creatures of habit. If you quit when things get tough, it gets that much easier to quit the next time. On the other hand, if you force yourself to push through it, the grit begins to grow in you.”

- Travis Bradberry