



A CLIENT GUIDE

The Power of Grit

Building perseverance that the body can sustain

Grit is passion and perseverance for long-term goals. *Psychologist Angela Duckworth* uses the word for the stamina to stay committed to what matters to you — over years, not just days. Across schools, workplaces, and demanding training programs, her research found that grit, more than raw talent, helps predict who keeps going. The encouraging part: grit isn't fixed. It can be grown.

● Effort Counts Twice

$$\text{TALENT} \times \text{EFFORT} = \text{SKILL}$$
$$\text{SKILL} \times \text{EFFORT} = \text{ACHIEVEMENT}$$

Talent shapes how quickly we improve — but notice that **effort appears twice**. It builds our skills, and then it turns those skills into real achievement. Effort matters more than we tend to think.

● The Four Building Blocks of Grit

1 Interest

Passion begins with genuinely enjoying what you do. Interest is rarely found fully formed — it's discovered through exploration, then deepened over time.

2 Practice

A daily discipline of doing better than yesterday. Deliberate practice means a clear stretch goal, full focus, honest feedback, and refining — again and again.

3 Purpose

The conviction that your work matters — to you and beyond you. Linking what you do to others' wellbeing turns fleeting interest into enduring passion.

4 Hope

A rising-to-the-occasion perseverance — the belief that your effort can shape your future. Hope keeps you going when things get hard, and it can be learned.

● Building Grit That Lasts

Grit is a marathon, not a sprint — and a marathon asks us to work with the body, not against it. Lasting perseverance is built in the rhythm of effort and recovery together. Here's how to grow grit in a way your whole system can sustain.

1 Start with interest, not force

Sustainable effort grows from genuine enjoyment, not white-knuckling. Follow what naturally pulls your curiosity — it's far easier to persist at.

3 Anchor effort in the body

Notice your energy, breath, and tension as you push toward a goal. The body is an honest gauge of when effort is sustainable and when it's tipping into depletion.

5 Build hope through small wins

Each setback you meet and each small goal you reach strengthens the felt sense that your effort truly counts — the root of hope.

2 Practice, then recover

Growth happens in the cycle of focused effort *and* intentional rest — never constant grind. Build recovery in as part of the work, not a reward for it.

4 Connect to purpose

Meaning fuels perseverance through fatigue. When the work feels hard, returning to *why* it matters can steady you.

6 Pace for the long game

Protect sleep, movement, and rest as part of perseverance, not the opposite of it. A cared-for body can simply keep going longer.

“Grit is a marathon, not a sprint. Tend to body and mind, and your perseverance can carry you for the long run.”

📌 A few questions to sit with

- What is one long-term goal you keep returning to — and what first drew you to it?
- When you've persevered through something hard before, what helped you keep going?
- Where might a small, daily practice move you closer to what matters most?

🕒 A gentle reminder

Grit isn't ignoring your body or powering through depletion. Lasting perseverance **includes recovery** — rest, movement, and care are not the opposite of effort, but part of what makes it sustainable. A body that is cared for can keep going.