

Squiggly Skills Sprint

Day 18: Grit

What is this squiggly skill?

"Having passion and perseverance for long-term meaningful goals."

- Angela Duckworth

Short-term tasks and our to-do lists can get in the way of our growth. Grit helps us achieve our goals.

Ideas for Action



Have an accountability partner

Communicate the *what/why/when* of your desired goal with someone you trust. This person can then help you stay accountable by checking in with you and your progress.



Prioritise the 4 Ps

Think about a goal which could give you the chance to grow your grit. Add a red/amber/green status to identify any gaps.

Purpose - what's the why behind it?

Positivity - how optimistic are you?

People - have you got the right range of people around you?

Progress - how are you measuring your milestones?

Ask the expert



Angela Duckworth

Ted Talk Grit: The power of passion and perseverance

Recommended

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Episode 36

How to use grit to supercharge your career

Squiggly Careers

Squiggly Careers #36

How to use grit to supercharge your career