



Young Athletes Conditioning Camp Week 1, Day 1

The Importance of Having GRIT

What is GRIT?

According to Angela Duckworth, who is a leading researcher and writer on the subject,

- Grit IS passion and perseverance for long term goals. Grit IS having goal you care about so much that it gives meaning to almost everything you do. And grit is holding steadfast to that goal. Even when you fall down. Even when you screw up. Even when progress toward that goal is slow.
- Grit IS NOT talent. Grit IS NOT luck. Grit IS NOT how intensely, for the moment, you want something.

Synonyms: determination, perseverance, discipline, determination, persistence, tenacity, resolve, endurance

Some famous people with GRIT

- Mike Singletary, Tiger Woods, Michael Phelps, Kobe Bryant, David Beckham, Wayne Gretzky, Earnest Hemingway, Michelangelo, Leonardo da Vinci, Winston Churchill, Thomas Edison, Mozart
- According to actor Will Smith: "I've never really viewed myself as particularly talented. Where I excel is ridiculous, sickening work ethic..."

Some questions to think about:

1. What is something that you have a passion for and want to get better at?
2. What might be some goals you could set for tomorrow?...this month?...this summer?...next school year?
3. How hard are you willing to work to reach those goals, and what are some specific steps you can take daily to reach them? Who can help you with them?