NOTES FROM: *Grit,* by Angela Duckworth

SUMMARY: This book *may* not be the most exciting nonfiction book out there, but the *possibilities* it uncovers are *fascinating*. It's not just about discipline or toughness, but rather a unique combination of passion, persistence, and long-term perseverance that Duckworth refers to as *grit.*

***Grit* follows your standard nonfiction formula of case studies, interviews, and anecdotes that combine to form a picture of what people with true grit can accomplish, which, as it turns out, is quite a bit more than most people accomplish!**

From West Point military academy, to tough, inner-city schools, and others arenas, Duckworth shows how *effort* animates talent and skill; why our potential is *so vast* that it's barely worth thinking about; and how younger people can learn to love hard work, an attitude and mindset that will benefit them in multifarious ways as they encounter challenges and obstacles in life that would completely derail those who may be more *talented,* but who lack the willingness to put in the effort required to turn obstacles into opportunities for virtually unlimited personal growth.

One would hope that, if they learned *nothing else* in school, children would come away having learned the lessons in *this book,* because it'll do so much more for their success and happiness than *any* memorization of multiplication tables or elemental tables. *Grit* may have worked almost as well as a blog post, but I'm glad it's a book, and I'm glad I read it.

"Our potential is one thing. What we do with it is quite another."

"Most of us are so far away from our natural limits that they aren't even worth thinking about."

MK: Meeting a teacher who believes in you is often a critical turning point in a person's life.

"The focus on talent distracts us from something that is at least as important, and that is effort."

"Greatness is doable. Greatness is many, many individual feats, and each of them is doable."

Kat Cole: "When I am around people, my heart and soul radiate with the awareness that I am in the presence of greatness. Maybe greatness unfound, or greatness underdeveloped, but the potential or existence of greatness nevertheless. You never know who will go on to do good or even great things or become the next great influencer in the world - so treat everyone like they are that person."

"Talent is how quickly your skills improve when you invest effort."

"Achievement is what happens when you take your acquired skills and use them."

“Effort builds skill. At the same time, effort makes skills productive.”

“Without effort, your talent is nothing more than your unmet potential.”

“Without effort, your skill is nothing more than what you could have done but didn't.”

“Enthusiasm is common. Endurance is rare.”

MK: One top-level professional goal, rather than any other number, is ideal, and the more unified, aligned, and coordinated our goal hierarchies, the better.

“Almost all human traits are polygenic, and height is influenced by at least 697 different genes.”

“We develop the capacity for long-term passion and perseverance as we get older.”

“We change when we need to.”

“Any of the following four thoughts might go through your head before you quit what you're doing: I'm bored; the effort isn't worth it; this isn't important to me; I can't do this, so I might as well give up.”

"If I'm ever invited to give a commencement speech, I'll begin with the advice to foster a passion. And then I'll spend the rest of my time trying to change young minds about how that actually happens."

“Interests are not discovered by introspection, but rather triggered by interactions with the outside world.”

“Passions don't come to us all at once without the need to actively develop them.”

"Children have never been very good at listening to their elders, but they never fail to imitate them."

MK: Children living in poverty are getting a lot of “helplessness” experiences where they have no control, and thus may be in danger of developing a fixed mindset.

MK: The same is true for people just sailing through life while experiencing no real challenges, until they arrive at something crippling that they can't deal with, and thus don’t possess the internal resources necessary to move forward.

“Following through on our commitments as we grow up both requires grit, and at the same time, builds it.”

MK: There is a significant correlation between poverty and lower grit scores, and lack of access to extracurricular activities is a major contributing factor.

“The association between working hard and reward can be learned.”

“The word ‘compete,’ in its Latin origins, means ‘striving together.’ It doesn't have anything in its origins about another person losing.”

"This book has been my way of taking you out for coffee and telling you what I know."

“Finishing what you begin without exception is a good way to miss opportunities to start different, possibly better things.”

“Grit depends on a different kind of hope. It rests on the expectation that our own efforts can improve our future. ‘I have a feeling tomorrow will be better’ is different from ‘I resolve to *make* tomorrow better.’”