

I've had some challenges lately—some that have made me just want to quit. Bouncing back from defeat and finding the determination to continue despite setbacks can be challenging, but it's imperative if you want to grow.

This is stuff I've been personally going through and added the science to go along with it.

Here are some bullet points on how to find that grit and the science behind resilience and perseverance:

- **Acknowledge the Setback:** Accept that you've encountered a defeat, but don't equate it with being a failure. Understand that setbacks are a natural part of the learning process. Say this over and over again—it's a learning process.
- **Reframe the Experience:** Cognitive reframing can turn a negative experience into a learning opportunity. It's not the setback itself, but your interpretation of it that causes distress. This is the central point: your interpretation.
- **Set Excellent, Realistic, but Aggressive Goals:** Break down your ultimate goal into smaller, manageable tasks. Achieving these can build momentum and confidence. Being aggressive with your goals allows you to harness your inner strength and grit.
- **Practice Self-Compassion:** Be kind to yourself and recognize that everyone encounters challenges. Self-compassion can reduce the psychological impact of failure. Watch your self-talk – shift, shift, shift.

- **Build a Support System:** Surround yourself with supportive people who believe in you and your goals. This network can provide encouragement and perspective. They've got your back.

- **Embrace a Growth Mindset:** Those with a growth mindset believe skills and intelligence can be developed over time, which encourages resilience. When you find yourself slipping into a fixed mindset, remind yourself you hold that power to shift into a mindset that supports your growth!

- **Visualize Success:** Mental rehearsal and visualization of achieving your goals can reinforce your belief in your ability to succeed. Meditate, journal about this—it's magical.

- **Learn from Mistakes:** Analyze what went wrong and what could be improved. Use this knowledge to inform future attempts. Being analytical and less emotional as you do this, allows you to see what you need to see.

- **Maintain Physical Health:** Exercise and proper nutrition can improve mood and reduce stress, making it easier to cope with setbacks. Reevaluate what you're doing, what needs to happen.

- **Cultivate Grit:** Grit, the combination of passion and perseverance, can be developed through deliberate practice and commitment. It doesn't ever come by quitting!

And Here's The Science Behind Not Quitting

- **Neuroplasticity:** Our brains have the ability to adapt and rewire themselves in response to new experiences, including learning from failures.
- **Dopamine Response:** Completing tasks and achieving goals triggers the release of dopamine, the “feel-good” neurotransmitter, which reinforces perseverance.
- **Stress Inoculation:** Exposure to manageable levels of stress can train the body and mind to handle future stressors more effectively.
- **Optimism and Resilience:** Psychological studies suggest that optimistic people tend to be more resilient. They’re more likely to view setbacks as temporary and surmountable.
- **Habit Formation:** Forming habits around the pursuit of goals can make perseverance more automatic and less reliant on motivation.
- **Self-Determination Theory:** This theory posits that people are motivated to grow and change by three innate and universal psychological needs: competence, autonomy, and psychological relatedness. When these needs are met, we are more likely to persist.
- **Psychological Capital:** This concept includes self-efficacy, optimism, hope, and resilience. Building psychological capital can enhance one’s commitment to goals and likelihood of success.

Remember, finding the grit is a deeply personal journey, and what works for one person might not work for another.

Find your groove—you're the one who gets to construct this!