



I have found that we tend to pride ourselves on staying the course, but often give up too soon. What is grit, and how do you know if you have it? Grit is courage and resolve; strength of character; and perseverance and passion for long-term goals. It is the ability to stick with something through good times and bad, and the will to see the obstacle ahead and not let it deter you.

When I think of grit, I think of Diana Nyad, who swam 110 miles from Cuba to Key West at 64 years old. After reaching the shore, Diana said three things. "One is, we should never ever give up. Two is, you're never too old to chase your dreams. Three is, it looks like a solitary support, but it's a team."

Isn't that powerful?

Grit says- This is what I am going to do; this is what it looks like; and I am going to follow through regardless of what happens.

1. Grit is built on the back of determination, and determination doesn't quit. It isn't a simple "Should I sit on the couch or go for a walk," but rather "How do I get my workout in today?" Just because you have to stay in doesn't mean you can't do something. Use YouTube! It's a great gym. :slightly\_smiling\_face: Make the decision to do it anyway.
2. Go the extra mile. It doesn't have to be perfect, just an extra pushup, an extra 5 minutes with your spouse where you consciously make the decision to connect, etc. Each of us has different goals, but find a way to put in a little extra effort into yours.
3. Depend on a habit instead of motivation. The monkey brain is very pleasure-centric. It eats when it is hungry, poops when it wants to poop and does tricks for bananas. :-) If our only motivation is when we feel like doing something, then we are letting the monkey brain run the show. Habits create the life you want to live, not motivation.
4. Be dedicated to consistency.
5. Remember that grit is in the struggle, not in the results.

Angela Duckworth, psychologist and author of *Grit: The Power of Passion and Perseverance*, spoke about having a fixed or a growth mindset. We will explore this in more depth on Monday's Daily Dish Show, but grit comes from having a growth mindset.

Here are 5 ways to build grit:

1. Find something you are interested in.
2. Keep practicing it.
3. Remember, you are only in competition with the person in the mirror.
4. Identify your purpose. If you stay the course and maintain the expectation that it is out there, you will find it. Why do you want something in your life? Use the Why Framework to narrow it down.
5. Believe in yourself, and believe in what is inside you.

You are so worth it. Your life is so worth it.

GRIT over QUIT, Lovelies!