



Teen Grit Essential Facts



Grit is a strength rooted in passion and perseverance towards a specific goal, according to leading researcher Dr. Angela Duckworth.

- Having a combination of passion and perseverance is important in reaching goals and thriving in different aspects of life.
- Generally, grit is unrelated to intelligence or talent. Rather, it is long-term dedication to a specific goal in the presence of challenges.
- Grit can be developed over time to improve one's ability to thrive.
- It can also be supported by one's community. It's not just about a person's sheer force of will or determination.



The amount of grit someone has is linked to accomplishing specific goals.

- People who work to increase their grit are more likely to accomplish their goals, bounce back from failure, and counterbalance stress.
- Grit is not automatic, and people do not have a fixed level of it. They can develop grit throughout their lives to improve the possibilities of achieving goals.