

The Interplay Between GRIT and Growth Mindset

A growth mindset is the belief that your abilities can be developed, while GRIT is the action you take to put that belief into practice. You can't truly demonstrate GRIT without a growth mindset, and a growth mindset is less powerful without the presence of GRIT. Here's how they connect:

- **Growth Mindset Fuels Perseverance:** The belief that you can improve is what gives you the motivation to persevere. If you believe your abilities are fixed, there's little reason to put in the effort required to overcome challenges. A growth mindset provides the "why" - the reason to keep going.
- **GRIT Makes the Growth Mindset Tangible:** A growth mindset on its own is just a thought. GRIT is the behavioural manifestation of that thought. It's the consistent, disciplined effort that turns the belief in potential into actual skill development and achievement. Without GRIT, a person with a growth mindset might believe they *could* learn something but lack the follow-through to actually do it.
- **Resilience is the Shared Outcome:** Both concepts contribute to resilience. A growth mindset helps you bounce back from failure by reframing it as a learning opportunity. GRIT gives you the stamina to endure the hard times and keep moving forward, even when the path is difficult.

What is GRIT?

GRIT, as defined by psychologist Angela Duckworth, is the combination of **passion and perseverance** toward a long-term goal. It's about having the stamina to stick with your future, day in, day out, for years, and not just for a week or a month. GRIT is the tenacity to keep going even when you're tired, bored, or have experienced a setback.

Would you believe that GRIT has a significant bearing on a person's capacity to develop a growth mindset. GRIT and a growth mindset are not the same thing, but they are deeply intertwined and mutually reinforcing.

In short, a growth mindset provides the **psychological foundation**, and GRIT provides the **behavioural engine**. Together, they create a powerful cycle: the belief that you can grow (growth mindset) motivates you to put in the persistent effort (GRIT), and the results of that effort further strengthen your belief that you can continue to grow.