

Grit and the Path to Excellence

Posted on August 27, 2019

Numerous research, surveys and even interviews conducted by scientists and philosophers in pursuit of the ultimate way to success and excellence have seen them suggest various effective methods. One of the most conspicuous and outspoken methods is that of the Grit originating from [Angela Duckworth](#), who intellectually argued out her stance with prowess. Definitely defined by her as the power of passion and perseverance, it startled many and brought a whole lot of fresh research into that again. She put her best foot ever to what actually she treats as her best and it did not disappoint her as the efforts surely paid. It has been echoed in different books and even essays over time.

Angela Duckworth, who is a psychologist at the University of Pennsylvania, was able to find out that the small input one student makes and its frequency was really vital in determining the long-term outcome of the students rather than the intelligence quotient of the student(Duckworth). This brings her finally grit, which she entirely explains as the amount of effort one puts towards what he or she loves, the unbridled enthusiasm that one is able to put in while carrying out the task. Of significant importance, according to Duckworth, is the ability to choose a long-term goal to employ and, through attitude change and full adoption of passion, then change it to full-time duty with a completely positive attitude and renewed vigour, be able to settle on a field that one constantly thinks about and has the ability. One is then expected to maintain their determination and optimism to the end, until the long term goal is exclusively achieved, the entire focused shift completely to the end result, several ideas are to be implemented step by step to ensure the goal is achieved as the endurance is maintained unto to the tail end. Research done by Mrs Duckworth about gritty people brings out a unique sense of features of such people and an increased output level in their fields, careers, and even their talents; these people possess an indomitable will; they never say die, they have a completely different view about challenges and obstacles, in life, they view them as a steps tone or ladder to catapult them to success to success. The last vocabulary in their minds is giving up since failure is part and parcel of success.

Duckworth extensively explains, using her research on spelling bee completion, that successful and gritty people employ deliberate practice as a pillar to push them forward. It does not matter how many words one can spell correctly, but in the result, a student who is able to dedicate their time to step-by-step practice on the words they find challenging and constantly working to reduce their weaknesses each time stands a chance of doing better than the smarter and more intelligent ones, in a nutshell, the rate of intelligence and maturity is never constant, but constantly depends on the quantity and quality of the effort put, your will to succeed in that and your focus on the bigger picture, these people are able to draw a rare sense of renewed power that pays off as it turns to intrinsic motivation that drives to the achievement of the long term goals simply pick your pick and make it your passion, dedicating your life into it. This is echoed by Anders Erickson, who sheds light on what experts normally undergo. They actually carry out the constant practice of so many hours but

differently and in a unique manner; during this period, they normally venture deeper into the science, and they own and make it part of them and completely end up changing how they experience, they have the basic requirements that they require for the deliberate practice which they employ they have a vividly defined goal and action path towards it. Secondly, they embrace full concentration and effort delivery. Some employ the 10000-hour rule, and immediate feedback is necessary to be able to track your progress(Kamatz). And lastly, they repeat their actions with reflection and refinement. Hours, days and even years of toil and moil never wear them out, and so do failures and disappointments because, in the end, they end up contributing to the well-being of many others, as witnessed in the case of renowned Scientists like Albert Einstein and Aristotle who clarifies that success path is largely bitter, but the fruits are always sweet.

Duckworth also presents the unique idea that grit is the ability to cling to a top goal for a very long time with perseverance. And continuous active alignment of our thoughts towards that specific direction comes in handy(Kamatz). One must thus be able to marshal all materials and energy, and we should be able to reach a point where we are so obsessed with the top goal and resilience to remain at the top of the game. Carefully observe your life and combine all the means of attaining the goals, all in one, and work towards that. More important to note is that talent without constant, unrelenting effort and passion drive towards is less paying and less satisfactory to an individual and, therefore, for one to cling and remain there. Set your objectives right, align your thoughts, and marshal your strengths and means.

Epitomes of grit also employ some psychological assets. First, they always have an interest and learn to move on when things are getting to be tough. They definitely believe that when the going gets tough, the tough get going (Kamatz). They learn to discover their passion and then move to the most important face of it all, developing that passion, which is a vital stage. It is worth noting that passion is inbuilt and can easily be developed through constant practice of the same. This tool is important in the upbringing of children whose interests are early discovered and encouraged(Duckworth). Kids are at the same time encouraged to identify and pursue what they enjoy, which will ultimately result in better outcomes; the grittier a person is now made to be, the fewer the amendments they make to their careers once they identify their passion and are projected to become experts faster.

Secondly, these people embrace powerful practice habits to become the best. They typically fall in love with their careers and develop a rare sense of courage and indomitable will to apply the principles of deliberate practice. Thirdly, they design their purposes, which are normally connected to the world beyond(Duckworth). They openly reflect on the work they are doing and its effect on the wider society to be able to get the continued intrinsic motivation to keep them going. Scientist David Yeager recommends that people reflect on what they have done and whether it makes a remarkable contribution to society to motivate their sense of purpose. Third, gritty people are always hopeful and optimistic; they never dream of luck but believe in working hard and being able to get up again in the face of failure and despair. They always search for the causes of their suffering and gradually address them with a positive mindset. Duckworth encourages positive self-talk and positive mindset as tools to teach ourselves hope. However, she also recognizes the importance of seeking help to do the

same.

Despite all the features and advantages of grit as a tool for achieving excellence, it is also worth noting the bad side of it as put forward by critiques of it(Duckworth). It is presumed that grit focuses on internal strength, courage, tenacity, and the ability to move on with whatever one believes one is passionate about. However, not all work and are able to achieve the expertise stage. Some of these categories continue to hold on to their careers, situations, or even marriage for fear of giving up. They fear other people's opinions on the early exit from the course without hitting the finish line. Critics like Gale Lucas recall staying in an unsuccessful marriage for a long with the hope of recovery due to the grit she had and held on to but only realised the vital mistakes made later(Kamatz). This is just one among other cases of people who try to employ grit without passion. Perseverance is key in grit, but it is also notable that without passion, grit can be well harmful and result in unwarranted frustrations in life and late realization. So, it is important to consider the concept of interest and passion in their lives.

The basic storyline of this essay is basically an interview between Vedanta and Duckworth on one side and Gale Lucas on the other side. Vedanta seeks to shed light on the good and bad sides of grit specifically to the target audience and thus has Duckworth, a strong proponent of grit, and Lucas Gale as a critique of grit. They share their experiences, views, and ideas about grit and its application and relevance to the wider society.

Duckworth has largely an assertive voice in her work and an appeal to all to embrace grit and its unique positive effects(Kamatz). The language used is illustrative and vivid, with numerous examples to support the ideas and ideals of grit and gritty people. This has led to a clear understanding of the message and ideas presented, hence adoption.

Mrs Duckworth has largely achieved her vision of publicizing the importance of grit as a tool towards excellence, and it has also received public acclamation and endorsement for implementation. Many are now convinced that we need to let our kids pick the areas they are passionate about and aid them in developing those areas by building their level of confidence, perseverance and tenacity. We also strive to lay the foundation for deliberate practice in their lives.

The target audience of Duckworth has accepted her grit ideals and is also ready to try it out, especially to their kids, who are tomorrow's generation. However, it is worth noting that there is still some criticism of grit and its effectiveness based on the fact that some percentage of people apply it unsuccessfully and end up disillusioned and frustrated more than ever (Duckworth).

The essay is set up as a vibrantly growing socio-economic set-up with people greatly concerned about how to make the best of their talents and passion and bring out the best and probably expertise in their work. Demand for success and self-fulfilment is high among people seeking different ways of discovering our strengths, building on them, and addressing our weaknesses.

There is good usage of artistic devices in the work in the essay, such as music or basically songs, as

clearly brought out in the interview (KamatZ). This is specifically used to ease the tension and enable the target audience to effectively synthesize the information. It is also used to introduce and present different episodes and the changes or slight diversions from the topics.

This idea and message about grit is relevant to the larger society at this age. It provides readers with an insight into how to identify their interests, build their confidence levels enormously, and base their work on passion to be able to love what they do and avoid frustrations. It gives inspiring ideas for building a positive mentality and endurance in the face of difficulties. I highly recommend it to the younger generation who still have the zeal and zest to do much more in life.

In conclusion, grit by Duckworth presents a simple but unique way of building internal toughness and pursuing dreams based on our inner passion and love. In spite of the critics it faces it is still clear that it a potential ultimate tool excellence in life.

Work Cited

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