

## **Growth Transcript**

So this upgraded version of Grit is actually comprised of four dimensions, not just traditional shared tenacity. The first dimension of GRIT, G, stands for growth. A lot of educators are familiar with the growth mindset versus the fix mindset originated from Carol Dweck out of Stanford University. This is sort of growth on steroids, this is growth plus. Because what this dimensions measure gets at, and helps you grow is your capacity to seek fresh ideas and perspectives and inputs to accelerate and enhance your chances of achieving whatever goal you have. So people who score higher on this do that more, people that score lower, do that less. But here's the challenge, students or anybody, the more pressure you're under, the more things pummel you in terms of demands and tasks of the term that you're in right now. The more tunnel vision you tend to get, and the more tunnel vision that you get, the harder it is to pull your head out of the weeds, and seek the resources, perspectives, inputs, advice. Perspectives that would help you really get there so much better and faster than you otherwise would. That's why G is such a critical component of GRIT.

<https://www.youtube.com/watch?v=XxN35vaUtic>