

Tenacity Transcript

So now the final dimension of GRIT, is that thing that you think of as GRIT, just sheer raw tenacity. That's what the T stands for. And tenacity is just what you think it is, it's that relentlessness, that never say die, never say quit, do it one more time. And here's the interesting thing about tenacity, people who score the highest almost always have stories of going through a period of perceived insanity, in other words they try so long and hard at a certain goals that people around them kind of go, you know maybe this isn't going to work out, maybe you should try something else. But it's that one additional extra effort that helps them bust through. And the reason that this happens is that no one wants to see someone you love or care about suffer, we don't like to see people struggle, but the fact is what we have learned about GRIT and the science of GRIT, is that is absolutely essential to not just your character but to the success of your endeavor and the quality of your life. The people who get the most out of life and the students who are most successful are the ones who learn to expand their capacity, to suffer, struggle and sacrifice to achieve their most worthy goals and that is what GRIT is really all about.

<https://www.youtube.com/watch?v=GBdchyW9xK4>