



# Angela Duckworth on Building Grit

*Learn how you can build the habits of perseverance from an award-winning psychologist and MacArthur genius*

**Topics:** Personal Development, Personal Transformation

## **What You'll Learn:**

- Assess your level of grittiness using Angela's grit scale and pinpoint areas for improvement
- Build a Goal Hierarchy to clearly identify your top-level goal
- Complete an interest inventory to uncover your animating passions
- Craft a 4-step plan to implement Deliberate Practice in your life and master a new "hard thing"
- Develop your Growth Mindset by reframing challenges
- Understand the connection between optimism and grit

## **Syllabus:**

### [SECTION 1: Introduction to Grit](#)

Video 1: Welcome to the Course from Angela Duckworth

Preparation: What You'll Need

Video 2: The Difference Between Grit and Talent

Video 3: Characteristics of Grit Paragons

Video 4: An Example of a Grit Paragon

Exercise: Quick Check for Understanding

Video 5: Who Can be Gritty?

Video 6: Goal Hierarchies

Exercise: How Gritty are You? Use the Grit Scale

Exercise: Build Your Goal Hierarchy

### [SECTION 2: The 1<sup>st</sup> Building Block of Grit: Uncovering Your Interests](#)

Video 7: The Connection Between Interest and Grit

Video 8: The Connection Between Play and Passion

Video 9: Practical Tips for Uncovering Your Interests

Exercise: Interest Inventory

### [SECTION 3: The 2<sup>nd</sup> Building Block of Grit: Deliberate Practice](#)

Video 10: The Deliberate Practice of World-Class Experts

Video 11: Case Study: What Differentiates a Spelling Bee Champion

Video 12: Practical Strategies to Implement Deliberate Practice in Your Daily Life

Exercise: Plan Your Deliberate Practice

### [SECTION 4: The 3<sup>rd</sup> Building Block of Grit: Purpose](#)

Video 13: The Connection Between Grit and Purpose

Video 14: Find Meaning in What You are Already Doing

Video 15: Job Crafting

Video 16: Find a Purpose Role Model

Exercise: Job Crafting Journal Prompt

### SECTION 5: The 4<sup>th</sup> Building Block of Grit: Hope

Video 17: The Connection Between Grit and Hope

Video 18: Growth Mindset

Video 19: Lessons from a Teach for America Study

Video 20: Practical Tips for Cultivating a Sense of Hope

Exercise: Strengthen Your Growth Mindset

### SECTION 6: Lessons on Grit for Social Entrepreneurs

Video 21: Debunking Myths Around Grit and Poverty

Video 22: Concluding Lessons for Social Entrepreneurs

#### **Course Description:**

The secret to outstanding achievement is not talent but a special blend of passion and persistence called “grit.” This course will introduce you to research-grounded insights and practical strategies to become a more gritty person—someone with the perseverance to power through difficult circumstances and drive change in the world. Taught by Angela Duckworth, a MacArthur Genius winner, bestselling author of *Grit*, and University of Pennsylvania psychologist, you’ll learn strategies to set the right goals, uncover your interests, implement deliberate practice in your daily life, cultivate a growth mindset, and find purpose in your work so that you can continue pursuing difficult challenges.

Through a series of video lectures, Angela will bring the lessons from her New York Times bestselling book and TED talk to life, offering stories and findings particularly relevant to social change makers trying to do hard things. She’ll also share research-grounded insights relevant to everyone from entrepreneurs to parents to athletes to students to businesspeople who are trying to live up to their full potential—and help others do the same. She’ll share practical tips and strategies to develop more grit in your daily life and you’ll gain a set of exercises and supplemental resources to start applying these lessons right away.

#### **About the Instructor**

**ANGELA DUCKWORTH** is a Professor of Psychology at the University of Pennsylvania. She is also the Founder and CEO of Character Lab, a nonprofit whose mission is to advance the science and practice of character development. A 2013 MacArthur “Genius” Fellow, Angela has advised the White House, the World Bank, NBA and NFL teams, and Fortune 500 CEOs. Currently, she serves as a faculty director for Wharton People Analytics, an initiative that helps organizations adopt the latest insights from social science research. Prior to her career in research, Angela founded a summer school for low-income children. She completed her undergraduate degree in Advanced Studies Neurobiology at Harvard, an MSc with Distinction in Neuroscience from Oxford University and a PhD in Psychology at the University of Pennsylvania. Her first book, *Grit: The Power of Passion and Perseverance*, debuted May 3, 2016 as an immediate New York Times bestseller.