



# GRIT

**THE POWER OF PASSION AND PERSEVERANCE**

*Enthusiasm is common. Endurance is rare.*



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**Client**

*Designation*

Website

## Introduction

In a world where **CHANGE** is Non-Linear, **FAILURE** is an integral part of Life, **SUCCESS** is Not Permanent, what does it take to not “Just Survive” but “**TO FLOURISH**”

# GRIT

There are no shortcuts to excellence. Developing real expertise, figuring out really hard problems, it all takes time - longer than most people imagine. You've got to apply those skills and produce goods or services that are valuable to people.

Grit is about working on something you care about so much that you're willing to stay loyal to it. It's doing what you love, but not just falling in love - staying in love.

Success doesn't happen overnight. Anything worthwhile takes time, effort, and GRIT to build.

GRIT acts as the driving force for anyone to keep going. It fuels our capacity to overcome any obstacle and keep pushing forward.





## Major Theme

# GRIT

## Passion and Perseverance for very long-term goals

Have you ever wondered what makes someone a good athlete? Or a good leader? Or a good parent? Why do some people accomplish their goals while others fail?

What makes the difference? Usually we answer these questions by talking about the talent of top performers.

- He must be the smartest dude in the town.
- She's faster than everyone else on the team.
- He is a brilliant business strategist.

**But there is more to the story than that.**

With anything you start, from a sport to a business, passion is the initial driving force but people can lose that passion without grit and resilience. On the other hand, grit without passion is just the grind, and eventually, the grind wears you down. So, you also need resilience to maintain your passion in the face of struggles or failure. Without all three of these traits, you could easily be tempted to just give up.

**“To truly manifest the life you want, you need perseverance. Without grit, talent may end up being un-manifested potential.”**



## Session Plan

# GRIT

Module	Type	Duration
• GRIT Scale Assessment	Introduction	30 MINUTES
• 5 Steps to Growth and GRIT	Self Reflection	30 MINUTES
• 5 Major Reasons Why People Give Up	Self Reflection	30 MINUTES
• 10 Habits of Mental Agility and Toughness	What and How	45 MINUTES
• 10 Tips on Developing Habit Resilience	What and How	30 MINUTES
• Leading Yourself with GRIT	What and How	15 MINUTES
		Total 3 Hours

## Learning Objectives

- To better respond to challenges making use of one's internal resources
- To further value the impact of self-leadership in challenging situations
- To personally choose to thrive in, move forward and grow from challenges
- Embrace Frugality and Develop Resilience
- Lead with Clarity and Purpose

# THE ATTENTION INSTITUTE

THERE IS MORE TO YOU, THAN YOU CAN SEE

## EXPERIENTIAL LEARNING OF META SKILLS



**KAMLESH JAIN**  
ATTENTION MAVERICK  
Founder








Ex-Goldman Sachs | Nomura | Lehman Brothers | Citibank | World Bank | Accenture

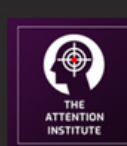
Organizations need to develop their people's meta-skills - a master skill that magnifies and activates other skills.

**SKILLS ARE TEMPORARY; META-SKILLS ARE PERMANENT.**

Learning a second language or how to code constitutes a skill. A meta-skill, on the other hand, is your ability to learn new languages. Once you've developed that meta-skill, it becomes easier to learn anything.

### SIGNATURE LEARNING SOLUTIONS

	META SKILL <b>#1</b>	Attention to Detail Focus Concentration	PACT - Power of Attention and Concentration Training Power of Excellence
	META SKILL <b>#2</b>	Happiness Well-being Energy	Mindfulness - Be Present Pursuit of Happiness
	META SKILL <b>#3</b>	Curiosity Innovation Continuous Learning	Originals - Stay Ahead Of The Curve
	META SKILL <b>#4</b>	Purpose Start with WHY Clarity	IKIGAI - Reason for Being
	META SKILL <b>#5</b>	Gratitude Respect Compassion	O Great One - Power of Appreciation
	META SKILL <b>#6</b>	Resilience Grit Courage	GRIT - Develop Mental Agility and Toughness
	META SKILL <b>#7</b>	Excellence The FLOW Mastery	Deep Work in a Distracted World



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