

## *G.R.I.T.: A reflection*

By definition, grit is simply, 'courage and resolve; strength of character'. And though skill, confidence and natural talent are huge assets to the success of your business, 'grit' is one of the most important qualities an entrepreneur must possess.

Angela Lee Duckworth\* left a high-flying job in consulting and took a job teaching maths to seventh graders in a New York public school. She quickly realised that IQ wasn't the only thing separating the successful students from those who struggled and that a huge determining factor in separating those who 'made it' and those who didn't was, in fact, grit.

I've expanded on this idea and thought about grit as being formed of four key factors, which I've broken down using the word itself.

*Use this reflection to support your mindset journey on this course and beyond.*

*G - God.* A foundational factor for any purpose-driven entrepreneur must ultimately be our faith in God. We don't have to obtain this strength and 'grit' in and of our own strength, because we can draw on the strength of our Almighty God. **Remember this truth in those especially trying times.**

*R - Rhythms.* The world of an entrepreneur can be a roller coaster ride! We can rise to exhilarating highs and then crash to seemingly disastrous lows. However, we can put rhythms in place to ensure that the process is not so bumpy. Practicing rhythms of self-care, rest, quality time with friends and family *and* business building are *huge* keys to your future success. **What rhythms are you practicing?**

*I - Integrity.* It goes without saying that the business world can sometimes raise a few eyebrows. Decisions of giant corporations can leave people questioning motives behind actions. As purpose-driven entrepreneurs, we have an opportunity to be salt and light in the business world and to show others that a successful business *can and should* be run with absolute integrity. **How are you demonstrating this in your business?**

*T - Talent.* Quite simply, you possess talent and skill which is unique to *you*. You've not been given that to hide it or to shy away from using it, but rather to harness it in such a way which impacts the world! Don't hide what you've been given. **Be resilient in the face of adversity and share what you have with those who are simply waiting for you to show up!**

**How will G.R.I.T show up in *your* mindset work, lovely?**

\*Check out Angela's TED talk [HERE](#).