TIPS FOR BOOSTING YOUR GRIT

NURTURE YOUR INTERESTS

Investigate, experiment and don't stop until you find something that really motivates you. If something intrigues you, try it!

SET YOURSELF CHALLENGES

Put yourself to the test every day to sharpen your skills and practice constantly until you master them.

FIND A PURPOSE

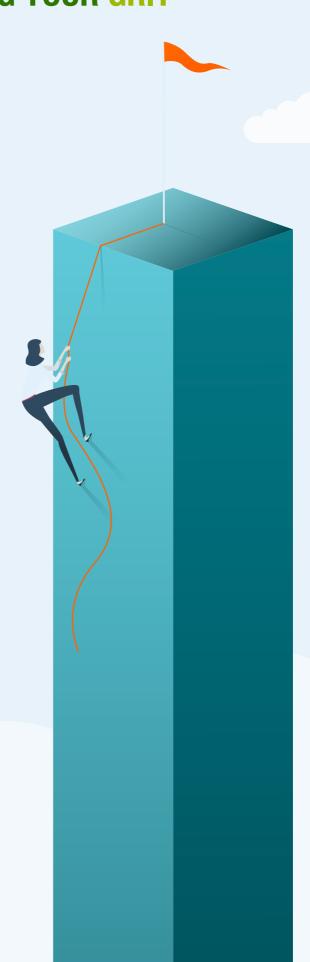
Give meaning to your actions, think about how you can benefit others and what you can do for the common good.

BE CONFIDENT

When things don't go your way, don't feel despondent and give up. **Look on difficulties** as opportunities to learn and face them calmly, enthusiastically and with conviction.

LEAN ON PEOPLE WITH GRIT

When in a group, we tend to mimic other people's behaviour. If you surround yourself with people with grit, you will boost your own grit.



TOP STORIES