

# 5 Ways To Flourish With Grit And Resilience

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**O**ver the last six months, in the series on Resilience, we have explored how we can develop our ability to flourish in different ways. Whether it's how to optimize our strengths or increase our emotional and mental energies, what's important is focussing on what will have the biggest impact on us.

By changing habits and integrating new practices into our lives, we can help ourselves to not only bounce back from challenges, but to also move forward with more hope, creativity and strength. Increasingly, psychologists are finding another characteristic that is a significant predictor of success and well-being. It is not social intelligence or good looks or even physical health. It is grit!

## Grit And Resilience

Angela Duckworth, a professor of Psychology at the University of Pennsylvania's School of Arts and Sciences has spent over a decade studying why some individuals achieve more than others, despite having the same talent, resources and intelligence. She claims, it is the 'perseverance and passion for long-term goals.' There is also a growing body of research to back

this up. Grit encompasses the long-term motivational drive we need to succeed. Therefore, grit plus resilience gives us with the ability to courageously face the unknown and shine a bright light on challenge.

## Top 5 Ways That Help Us Face Challenges

### 1. Dream Big

Having a dream and vision can provide meaning and inspiration to our daily life. Having a clear picture of what this means to us provides the purpose and perseverance to continue, even when facing seemingly insurmountable challenges. No one is ever too old to focus on what they feel passionate about. Take Captain James Henry, who wrote an autobiographical bestseller at the age of 98, after learning to read at 92! Finding a deep sense of purpose gives us the hope and grit to work towards the future we want.



### 2. Find Purpose

According to a global study by Gallup Consultancy, only 13 per cent of us feel engaged with our work. The best way to avoid procrastination is to find purpose in what we do on a daily basis. Research shows that those people who see their work as a calling to help others are often the most satisfied. In a study of hospital cleaners in the UK, they were able to find great purpose in preventing the spread of disease and enhancing the well-being of others.

### 3. Cut Goals In Half

Whilst knowing why we are doing what we're doing is crucial, 92 per cent of us never reach our long-term goals. One of the reasons for this is that we often underestimate the effort required.

So what can we do to increase our chances of success? Cutting goals in half is the first step. Then create lower-level goals that are linked to the higher-level goals. Celebrating small achievements along the way will also help in staying motivated.

### 4. Double The Effort

'If at first you don't succeed, try again' is a well-known phrase across the globe. Often, perseverance and being able to apply this with a 'growth mindset' and a not a 'fixed' one is the difference between failure and success. Research shows that talent alone won't get us as far as hard work and passion. We can all play a part in helping the future success of ourselves and our children by rewarding hard work more than natural talent.

### 5. Help Others

Helping others makes us feel like we are better people, it also helps to boost our own motivation. Research shows that experiencing gratification can increase our own grit and resilience. This is because it gives a deeper connection to our own personality and ability to connect with others. Take Navyn Salen for instance. She is a



mother of three, who one day decided to help African children suffering from malnutrition. Her journey was not easy and took many years to set up, but today, she has helped more than 2.5 million children in 44 countries!

### Positive Actions To Be Taken

- ◆ Which challenge will be decided upon to practice the feeling of grit?
- ◆ Write down today's commitment. Define the length of time needed to achieve it and plan what should be done each day to stay on track.
- ◆ What will be done differently if things don't go according to plan?
- ◆ Who will be needed as part of your own support team?