

Grit – Angela Duckworth (B2 Level)

ULTIMATE READING

TEACHER IGNACIO CHAVEZ

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Grit by Angela Duckworth **is known** for showing that success is not determined by talent but by passion and perseverance. The book **has been recognized** worldwide as one of the most influential studies on motivation and long-term effort. Duckworth explains that while talent is valued, it is perseverance that truly matters. Success **is achieved** when hard work and determination **are combined**.

Her message is clear: dreams will never be realized **unless they are supported** by consistent action. People with grit keep working, even when they are tired or uncertain.

1. What Is Grit?

Grit **is described** as the ability to keep going despite failure or frustration. It **is defined** as a mix of passion and persistence that allows people to reach long-term goals. According to Duckworth, no great achievement **is reached** without effort.

“Grit is passion and perseverance for long-term goals.”

Those who show grit don’t give up easily; they continue learning from mistakes. Their attitude **is built** on patience and self-discipline.

2. Passion: The Fuel for Grit

Passion is the emotional power behind perseverance. It **is expressed** when people care deeply about something and stay committed to it for years. True passion **is not shown** through temporary excitement, but through consistent effort.

Duckworth explains that motivation **will be maintained** only if a goal is meaningful. People's dedication **is strengthened** by love for what they do.

"Enthusiasm is common. Endurance is rare."

In the future, those who stay passionate **will be rewarded** for their persistence.

3. Perseverance: The Power of Not Giving Up

Perseverance means continuing even when results are not visible. Failure **is seen** as part of the process, not as the end. Every challenge **is used** as a lesson that shapes growth.

Duckworth emphasizes that success **will be achieved** by those who keep trying after falling. Hard work **is rewarded** when people stay consistent.

"Our potential is one thing. What we do with it is quite another."

If effort and persistence continue, improvement **will be noticed** over time.

4. Building Grit: A Skill That Can Be Developed

Grit **is not inherited**; it **is developed** through time and experience. People with a growth mindset believe that intelligence and ability **can be increased** with practice. Effort and repetition **are required** for mastery.

Duckworth shows that grit **can be learned** through discipline, reflection, and purpose. Every small step **is valued** as part of a greater journey.

"The key to success is not talent, but the ability to keep going, even when it's hard."

In the future, those who stay patient and consistent **will be seen** as examples of resilience.

5. Why Grit Matters

Grit **is considered** the strongest predictor of long-term success. Achievements in art, sports, or business **are built** through years of commitment. Quick results **are rarely obtained**, but deep growth **is always earned** through effort.

Duckworth explains that talent alone **will not be enough**; success **will be determined** by persistence.

“Grit is living life like it’s a marathon, not a sprint.”

People who stay committed **will be remembered** not for their talent, but for their consistency and courage.

Main Ideas

1. Success **is achieved** through perseverance, not luck.
2. Passion **is maintained** when goals have meaning.
3. Failure **is used** as a tool for growth.
4. Grit **can be developed** through practice and patience.
5. True results **will be earned** only after years of effort.

Final Thoughts

In *Grit*, Angela Duckworth shows that no one is born successful — success **is created** through years of discipline and dedication. Great achievements **are built** on small actions repeated daily.

In the future, people who keep their goals clear and their hearts strong **will be admired** for their resilience. Duckworth’s work reminds us that potential means nothing **unless it is acted upon**.

“You don’t have to be the most talented. You just have to be the most persistent — because success is built, not given.”

<http://www.teacherignaciochavez.com>