

# Ready to Sprint?

Do it Solo, or With Friends and Family

[www.mindsprint.club](http://www.mindsprint.club)

ANGELA  
DUCKWORTH

**GRIT**

THE POWER *of* PASSION  
*and* PERSEVERANCE

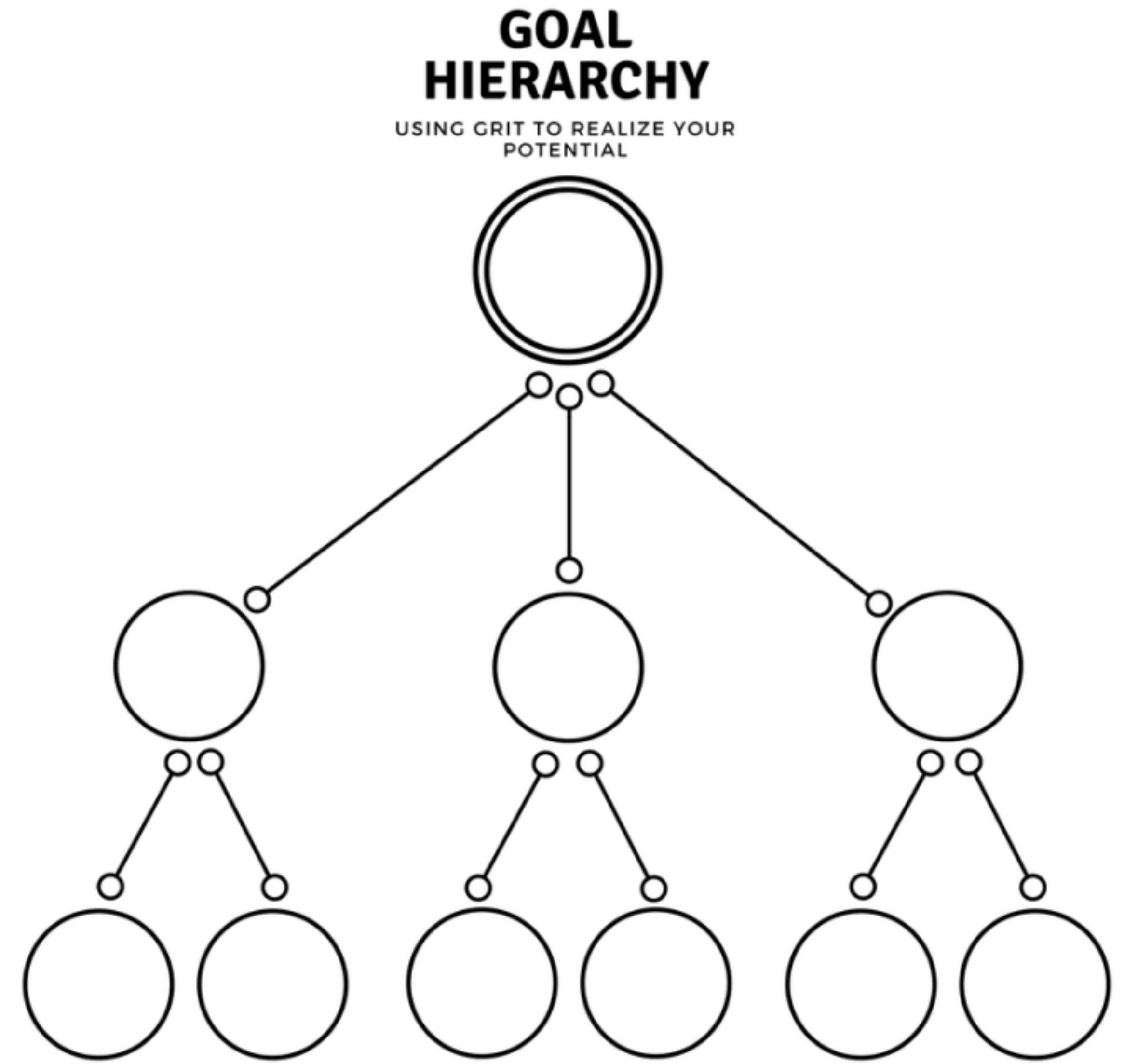
Readers usually forget the lessons they learn from self-help books. We have a process that allows them to **compound** their learning through peer-to-peer discussions so that they can **internalize** those lessons, apply them and **improve** their lives.

**The first rule of bookclub: we do talk about bookclub.**  
**If you find this document helpful,**  
**share this document with someone who needs it.**  
**It's generous.**

# Part I

## The Goal Hierarchy

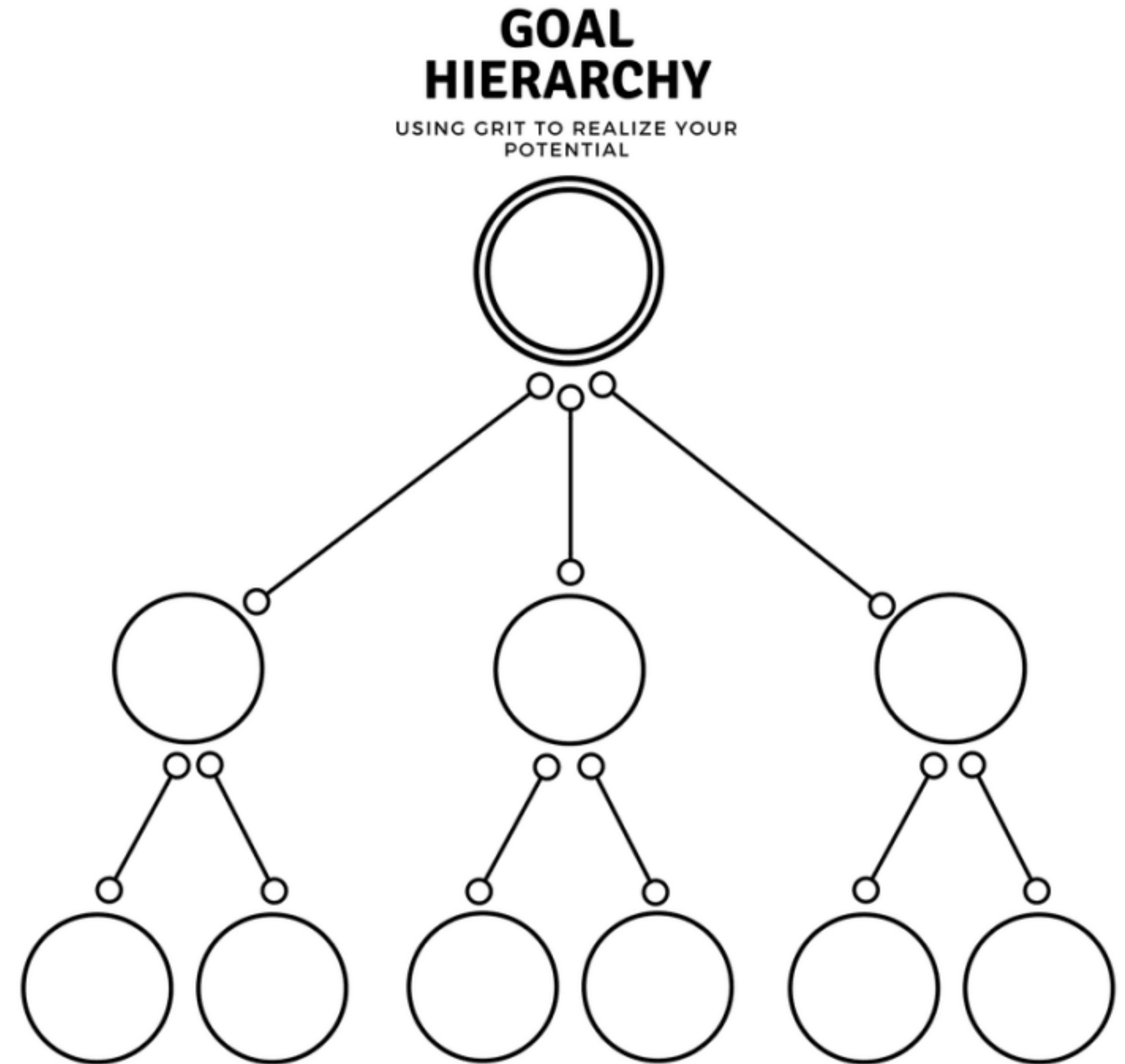
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# Goal Hierarchy

## Grit - Part I

- What are your **lower level** goals?  
*Think of what you are currently pursuing.*
- What are your **mid-level** goals?  
*Categorize them.*
- What's your **top-level** goal?  
*Your ultimate concern.*



# Goal Hierarchy

## Grit - Part I

How does your lower and mid-level goals relate to your top-level goal?

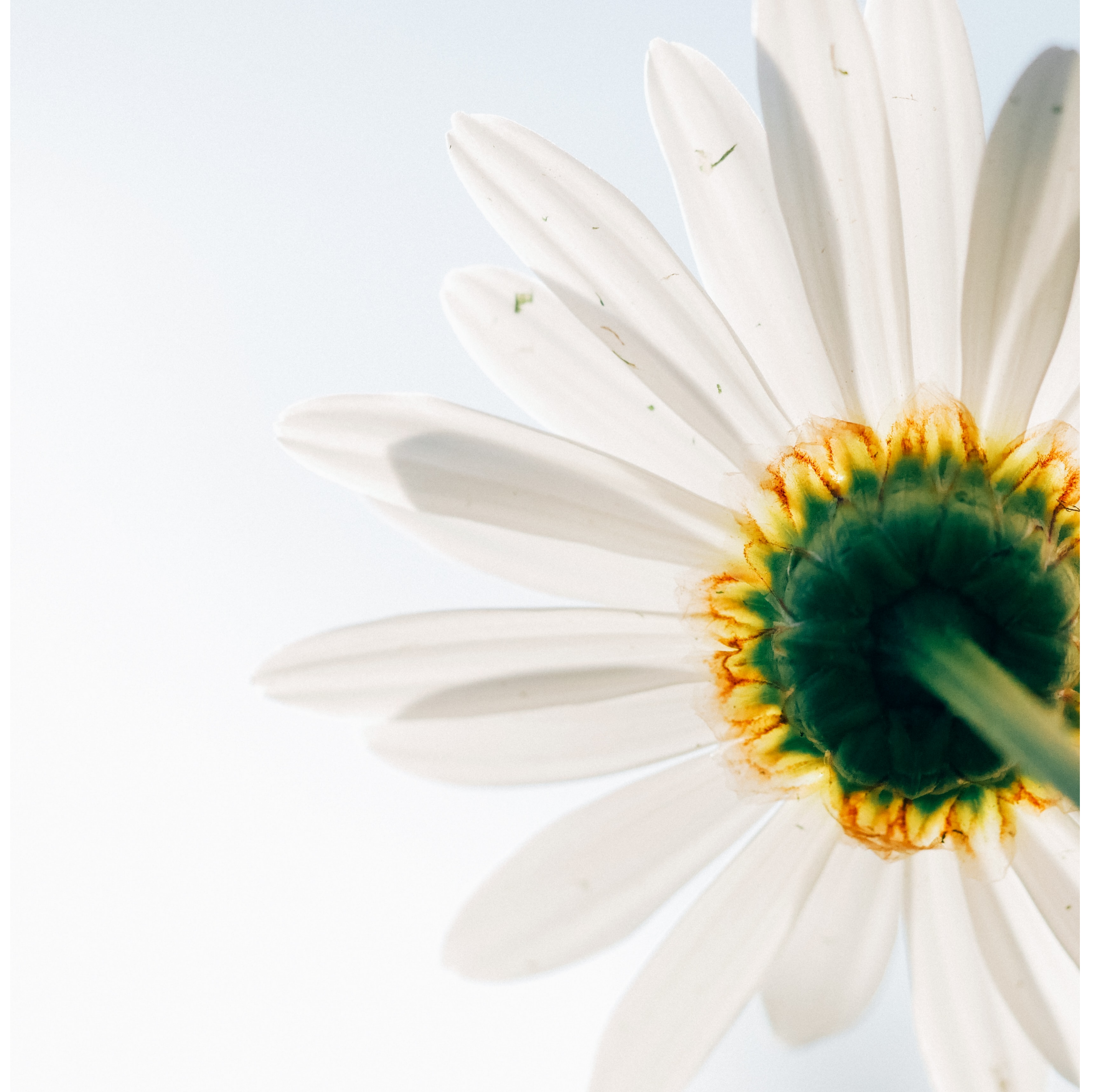
*Consider having someone else's opinion*



# Part II

## Hope

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# Hope

## Grit - Part II

"Grit depends on a different kind of hope. It rests on the expectation that our own efforts can improve our future. I have a feeling tomorrow will be better is different from I resolve to make tomorrow better."

How do you **resolve** to make tomorrow better?



# Hope

## Grit - Part II

"My husband Jason and I are raising our girls according to the Hard Thing Rule: Do something that requires deliberate practice, don't quit in the middle of the season or the semester, and pick the hard thing yourself."

What's your **hard thing** of choice?

"On your own, you can grow your grit 'from the inside out': You can cultivate your interests. You can develop a habit of daily challenge-exceeding-skill practice. You can connect your work to a purpose beyond yourself. And you can learn to hope when all seems lost."



# Part III

## Culture

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# Culture

## Grit - Part III

*“You can also grow your grit ‘from the outside in.’ Parents, coaches, teachers, bosses, mentors, friends—developing your personal grit depends critically on other people.”*

What **gritty groups** or teams you’re involved with?  
Who else can you join?



We've found that each of these prompts make for a **meaningful mini-sprint among family members and friends**. Try it. It's **generous**.