

# how to cultivate a creative + growth mindset



## DAY FOUR ✦ FIND YOUR GRIT

Psychologist Angela Lee Duckworth defines grit the place where “perseverance and passion” meet. We’ve all seen the results of grit in high performing athletes and entrepreneurs. But what about normal everyday pursuits by regular people?

It’s absolutely possible. You’ve likely already experienced it.

Assignment –

Think of a time where you accomplished something (anything) that required a combination of passion and perseverance. Go back as far as necessary in your life/memories. Spend some time appreciating what you achieved.

Write down the accomplishments you remembered. What did you do and how did it make you feel?

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