Goldstream Incorporated share the 6 important takeaways from Angela Duckworth's "Grit"

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Angela Duckworth's interesting and informative TED Talk about grit being the secret to success is one of Goldstream Incorporated's CEO; Dan Coolican's must watch videos. The American psychologist and popular science author released a book with the same title, and here Goldstream Incorporated have outlined the 6 takeaways.

"Grit is a skill that can help people to accomplish their dreams," said CEO Dan Coolican. The book "Grit" by Angela Duckworth attempts to explain the science behind why courage, passion and perseverance are far more influential than talent, and Goldstream Incorporated have outlined the 6 takeaways from "Grit".

About Goldstream Incorporated: http://www.goldstreamincorporated.co.uk/about-us/

1. Grit is a better measurement for success than talent

There has been much debate about the contribution of natural born talent when it comes to success. In Grit, Angela Duckworth reveals through scientific study that grit is far more important than talent. Ms Duckworth goes on to explain that an individual can have all the skills in the world, however, if they don't know how to apply those skills and be able to stay with it for the long haul, they will most likely never succeed. Talent provides someone with the potential; however, whether they can do anything with it is another thing.

2. High performance comes from mundane acts

Grit teaches the reader that the individuals that are able to stick with those small mundane acts that are required to complete a goal are the ones who become high achievers. Ms Duckworth believes that society embraces the idea that natural talent leads to greatness. However, it is a myth. Through the repetition of mundane acts, individuals will gain the fuel they need to accomplish any goal. Ms Duckworth encourages the reader not to disregard all the little acts they do every day and highlights their importance over time.

3. Grit is about stamina not intensity

Ms Duckworth argues that Grit is having stamina not intensity. Essentially, success is a marathon, not a sprint. In Grit, Ms Duckworth states that it is easy to be good at something for a short period, however only working hard at a task for a limited period then will not result in someone reaching their goal. Grit teaches the reader that it's habit that builds strength, courage, and makes people grittier in the long run.

An enormous amount of passion and intensity focused in a short-time period isn't enough; it's about applying that same amount of effort continuously that counts and constitutes grit.

4. Decide what not to do

Grit explains that success is often about choosing what not to do. With people having limited time and resources, it is important to distribute that time into activities that will contribute to the long-term goal.

5. Purpose is the philosophy that what we do matters

Grit teaches the reader that purpose is about knowing that what they do matters to others as well as themselves. Ms Duckworth explains that it is often the effect that people have on those around them that fuels their purpose further. Studies have found that people that have grit can find a purpose beyond themselves and that if the purpose is strictly selfish, then someone is unlikely to be still following the same dream in the future.

6. The way you deal with failure determines your success

Failure is an inevitable part of life. It is the way that people deal with failure is what differentiates the successful from the unsuccessful. The people with grit are the ones who are always seeking out different

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ways to overcome failure. They take ownership of their problems and do whatever it takes to solve them. In grit, Ms Duckworth argues that life is about constant improvement and striving to reach the top of the mountain. She explains to the reader that as long as someone has courage, they'll keep getting back on the horse and trying again.

Mr Coolican supports the idea that grit is the secret to success. "While talent gives people a helping hand, without hard work, dedication and determination, natural born talent isn't enough."

Goldstream Incorporated is an outsourced sales and marketing firm based in Nottingham. As direct marketing specialists, the company works closely alongside their clients to create unique marketing campaigns, which will accurately represent their products or services to consumers. Goldstream Incorporated develops and maintains these campaigns to produce the best results as well as taking them directly to consumers via face-to-face marketing methods. The firm is committed to self-development, and they believe that Angela Duckworth's book is a great read for any budding professional.

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