

What's behind leadership grit?

The concept of “grit”—a combination of perseverance and passion that underlie a person’s success—has been floating around for some time.

Now, University of Pennsylvania psychologist Angela Duckworth has popularized the idea of grit on the athletic field, in the military and in business.

As she explains it, “the most succinct definition of grit is stamina. The heart of grit is really about sticking with things, as opposed to dropping out of them. There’s two ways that’s important. One is stamina of your effort: You keep trying, even when things are going badly. Part of grit is stamina of your efforts in the face of adversity, but there’s also just the everyday stamina of, say, getting up at 4:30 in the morning.”

And dedication, Duckworth says.

“One thing that’s true of gritty people is they love what they do and they keep loving what they do.”

So what do you say? Got grit?

— Adapted from [“What a bit of ‘grit’ could add to your business venture,”](#) Jena McGregor, *The Washington Post*.