MANAGEMENT | PROFESSIONAL DEVELOPMENT

Get The Winning Edge

Passion and perseverance may be the best tools for success!

by **Dr. Jill Ammon-Wexler**

568 words | 3 pages

Passion and perseverance may be more important to success than talent or intelligence. Pure grit may turn out to be at least as good a gauge of future success as talent.

In a series of studies at the University of Pennsylvania, researchers found that the *gritty* are more likely to achieve success in school, work and other pursuits - perhaps because their passion and commitment help them endure setbacks. In other words, it's not just *talent* that matters but also *character*.

How Much Does Talent Count?

So, if effort is the bedrock of success, what roles do intelligence and talent play? Many large research projects suggest that intelligence accounts for only about 25 percent of one's success. Persistence, or pure grit, accounts for at least 50 percent, and creativity an estimated 25 percent.

Neurobiologist Angela Duckworth and positive psychologist Seligman, best known for his groundbreaking work on optimism, interviewed high achievers in various fields, to identify their common distinguishing characteristics.

There were a number of people who were brilliant, ambitious and persevering, Duckworth reports. But there were also a lot who were not geniuses, but were really tenacious. They began to refer to this tenacity as grit - the determination to accomplish an ambitious, long-term goal despite the inevitable obstacles.

And for those who may not be ranked as having a genius IQ, Duckworth and Seligman have an important finding: Grit has value for people at all levels of raw intelligence and ability.

> **In fact, their initial studies show that grit and intelligence are completely independent traits. Duckworth says regardless of your ability, it's important to be focused, hardworking and able to bounce back from setbacks.**

The Power of Passion

There is strong evidence that *passion* fuels persistence. Although extremely persistent people are usually passionate about their work, that doesn't mean that the passion always comes first. *Perseverance*, notes Duckworth, can itself foster passion. Often the most fascinating aspects of an area of interest only become apparent after deep immersion, to a level where you understand it and are enlivened by it.

For others, persistence may grow from a desire to test their limits. Think of endurance athletes, for whom challenge isn't merely an obstacle to accomplishing something but often the spur to action in the first place.

Also in the Mix

Passion may be the linchpin of grit, but it's not the only element. Truly gritty people tend to set especially challenging long-term goals. *Self-discipline* is probably also important, and studies have shown that gritty people tend to be highly self-disciplined.

Then there's *optimism*, a trait that Dean Keith Simonton of the University of California at Davis finds is extremely common among high achievers.

They just really believe in the end that they're going to win, and until they do, they're just going to keep on pushing, he says.

Are you ready to stretch your mind into a NEW success mode? Come check this out **http://www.selfgrowthplanet.com**

© 2010 All Rights Reserved

Dr. Jill Ammon-Wexler is a renowned success mentor to entrepreneurs from around the world. A pioneer brain/mind researcher, she was one of the first to take mind power training to the corporate world. Get a FREE copy of her popular 11-lesson success course here=> http//www.quantum-self.com/freecourse.htm