

Grit:

The finest non-fiction book I've found among the best-sellers I've read thus far is "Grit." Let me provide some opinions about it:

Among the self-help bestsellers I've read, Angela Duckworth's 'Grit: The Power of Passion and Perseverance' has made the most impression on me. I have thus attempted to highlight some elements of the book from my viewpoint and experiences. I hope reading this won't be a waste of your time, even though I can't express the ideas as wonderfully as they are in the book.

Let me start by saying that success is frequently a relative term. The globe offers a variety of success stories in numerous fields. For instance, completing an exam successfully, winning a cricket match, or even making money are all examples of successes. There are a lot more examples. But when we witness someone achieve, we frequently credit their skill, good fortune, or advantageous circumstances. The book's most significant passage was "Mythologizing inherent genius lets us all off the hook."

In this instance, the author is stressing how when we witness success, we often use it as an excuse for our own mediocrity or sloth by blaming it on someone else's ability, good fortune, or privilege. The goal of the book "Grit" is to demonstrate that a person's ability to persevere—rather than aptitude or good fortune—is the basis of their success. Is that to say I shouldn't have faith in luck, you could be asking? You should, without a doubt. The saying "Fortune Favors the Brave" should be kept in mind, though.

In the book, it's mentioned that 'The unusual ability in combination with exceptional zeal and the capacity for hard labour' - meaning that each one of us has some sort of uniqueness or skill within us. When we apply the human quality of perseverance and hard work to these abilities, that's when we achieve success. However, many people attribute this success to luck or talent, which ignores the importance of positive practices. In other words, the book emphasizes praising the effort to persevere that lies behind a person's success, rather than just labelling their success as a result of luck or talent. This is because you might see a person's success, but you might not know about the Grit that contributed to their success. The line in the book, 'Superlative performance is really a confluence of dozens of small skills or activities,' conveys that small skills or efforts gradually lead to significant success. A successful person doesn't become successful overnight; instead, by consistently applying their own desires and efforts day by day, by navigating the small paths, they eventually achieve something significant.

" So, the paragons of grit have four psychological assets" - The book presents four principles to maintain perseverance. These are Interest, Practice, Purpose, and Hope. All of these already exist within each of us. These elements sustain our grit and propel us towards success. Drawing from my experiences and the noteworthy statements in the book, I am attempting to convey these:

1. Interest: Prior to anything else, we need to figure out how we can connect, where we fit best, or how we can grow based on our interests and skills. Your hobbies might not always be immediately apparent. But you may find your passions by trying out new talents. Let me give you a personal example. Prior to anything else, we need to figure

out how we can connect, where we fit best, or how we can grow based on our interests and skills. Your hobbies might not always be immediately apparent. But you may find your passions by trying out new talents. Let me give you a personal example. I began learning coding from the end of tenth grade, and I was proficient in both front-end and back-end tasks in the JavaScript language. However, even then, I didn't know whether it was my passion. Upon entering college, I got involved in design work for the club, and I gained some proficiency in Microsoft software and Adobe Illustrator. Now, the interesting part: even though I did design work for the club initially, I didn't have to do that anymore when another design member joined.

I didn't have the same enthusiasm or drive to continue. But gradually, I found myself attracted to motion graphics and cinematography. While I didn't venture into the marketplaces, I did freelance work. Even when I received part-time offers from established organizations, I couldn't take them up due to my academic commitments. Yet, I managed to spend some personal time on motion graphics. I explored coding, designing, and other skills one after another, and each exploration led me to find my interests or areas where I felt comfortable. Maybe here lies the possibility of something good. Though, I believe that further effort and dedication are necessary if I want to succeed in what truly interests me. Nevertheless, this book discusses such things. Explore about 10/20 new skills, and then carefully select 5 that you find enjoyable from your exploration experience. Similarly, in the realm of studying, you can implement various strategies, routines, tricks, and tips used by successful students to see what works best for you. Choose the strategy that aligns with you or resonates with you naturally. It should be something that depends on your interests, so pursue that.

There's a beautiful passage in the book that reads, "They just perceive color and shape. They are unsure about the purpose of it." This implies that if you are unaware of some qualities of a video, such as its format or the color grading or usage of specific components, you won't view it that way. The underlying reason for this is that I'm so intrigued that when I watch a video, it has more meaning for me than just an ad that makes me feel good or promotes anything. You won't be able to understand everything with just a cursory scan. Similar to this, you could have a skill that I wouldn't immediately recognize. For instance, if you're an accomplished cook, you'll be familiar with the spices and

2. Practice: You've uncovered your specialty. But if you don't consistently practice it, it's all for nothing. In the book part, there is a lot of discussion on practice or daily ritual, which I am attempting to clarify in my own words. I was discussing this with my older brother Sarwar Khan, a college student who won the C unit competition at Dhaka University this year. Regularity is the only option, in his opinion. You've uncovered your specialty. But if you don't consistently practice it, it's all for nothing. In the book part, there is a lot of discussion on practice or daily ritual, which I am attempting to clarify in my own words. I was discussing this with my older brother Sarwar Khan, a college student who won the C unit competition at Dhaka University this year. Regularity is the only option, in his opinion. All of you will accept this, but will you accept it? Bhaiyya said that if a person spends 5/6 hours in studying every day then it is possible to increase confidence and do good things. His discipline and consistency gave him a different kind of confidence. He said that there were many classmates with him who claimed to be as successful as him but in the end lack of confidence did not allow them to see the face of that success. Sarwar Bhaiya has achieved that confidence through his practice and consistency.

A few days ago, I read another New York Times best-seller: "Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear. One of the key points in the book was "Believe in the system, not the goal." Here, I'm discussing an important concept. Let's say you have an exam in 10 days. You can finish the syllabus by studying 1 hour a day for 10 days, and you can also finish it by studying for 10 hours the day before the exam. And by taking the exam, you might achieve a similar score to what you would get by studying 1 hour a day for 10 days. However, this exam isn't your last one. In the upcoming exams, if you study for a whole day just before the exam, you might not do as well. But if you consistently study for 1 hour a day for 10 days, this system will transform your habits in the long term and help you excel.

Therefore, put in 1 percent of your effort each day with the understanding that it will result in major improvements over time. I might suggest "Atomic Habits," another one of my favorite books, which covers this subject. I have applied many of the book's lessons to my life and have found them to be quite helpful. There were more interesting ideas in the book, but going into detail about them would lengthen this essay.

3. Purpose: Let's say you're an architect, creating the design and shape of a building. Another person is a builder, constructing the building and managing all the related aspects. And yet another person is a philanthropist, using their resources to build a hospital. At the end of the day, even though it's a hospital, each individual has their own unique roles, tasks, and purposes. In this context, the book emphasizes that your purposes must be impactful and meaningful, not only for your personal happiness but also for the benefit of others and the world. This means that the impact and goals of your purposes are crucial.

4. Hope: Think of yourself as an architect who is carefully planning how to shape a structure. You don't think past this initial idea, though. This strategy might not be successful and frequently results in losses or lost chances. Even with your best efforts, you could occasionally fail if you don't have an upbeat, forward-looking perspective. In my own life, I find myself occasionally lacking a visionary perspective, being disheartened by minor setbacks or criticisms. Even though I've achieved slightly less than before, I believe there's room for further improvement.

I've observed my father exhibiting an admirable mindset during times of adversity. He maintained an unwaveringly optimistic outlook in the face of danger. Once, during an event, I invited my father, and there was a potential risk of a dangerous fire accident. While everyone was panicking, my father's expression remained calm. Instead of exhibiting fear, he instilled courage in me, ensuring we both stayed composed amidst the perilous situation. He had undergone numerous hardships due to heart ailments, yet his resilience left an indelible mark on me. Such a visionary mindset can offer numerous advantages in life, proving its importance across various circumstances. Maintaining optimism, believing in positive outcomes, and fostering hope are all crucial elements.

When building the human quality of 'Grit' within oneself using these four key elements, it's important to understand that success isn't merely achieved through luck or talent alone. The book emphasizes repeatedly that the right effort, grit, perseverance, and resilience are essential, even when immediate results aren't visible. The book emphasizes that acknowledging and valuing consistent effort, grit, and persistence are important, regardless of whether success is immediately evident. Additionally, the book underscores the significance of the outcomes of grit. It's possible that you may not always achieve success,

but the effort you put in and the resilience you exhibit will bring you a sense of accomplishment at the end of the day.

Even successful individuals may not always find happiness; therefore, success isn't the be-all and end-all. Think about this: the moon is the only object in the night sky, whereas the world may laud you all day. The road of work and endurance carries its own particular reward, as the book emphasizes, so achievement isn't the final aim.