



Love, Listen, Partner and Pray BUT hands off!

Angela Duckworth explains her theory of “grit” as a predictor of success. She believes grit is a combination of both:

- **Passion** – “I love this issue and want to do it more.”
- **Perseverance** – “I want to do it long enough to master it.”

Grit means sticking with something for a long time. Its approaching life like it’s a marathon—not a sprint. It’s not usually a lack of intelligence that prevents young people from development. It’s that we’ve removed most of the grit from their lives. We’ve stolen the need for grit in their childhood.

Angela’s research demonstrates that past generations tended to develop grit as they grew into adulthood. They had to do so. Life was slower, with less technology and on-demand conveniences. Life was harder, life was more boring, with fewer screens and activities to entertain you. Life was quieter, without social media pinging at you night and day. With less glitz, glamour, noise and clutter, people stuck with something longer, even when the novelty wore off. Jobs lasted longer. Marriages lasted longer. Memberships lasted longer. Friendships lasted longer.

- There wasn’t an expectation to be entertained.
- There wasn’t an expectation that everything would be fun or fast.
- There wasn’t an expectation that someone else would do the work we had been assigned.

Consider These Common-Sense Thoughts on Grit:

1. The more we do for them, the less they learn to do for themselves.
2. The easier life is for them, the less they naturally develop grit.
3. The more we prescribe for them, the less they’re apt to develop grit.
4. The faster their solutions come, the less they tend to develop grit.
5. The more resources we give them, the less resourceful they become.

How can we help our young people? What they need is...

- ▶ A **caring and supportive family** alongside them. Eager to listen but not problem solve or rescue.
- ▶ Train yourself to think “ I am **happy to listen** but will ***not*** offer advice or solutions even when I am asked” A good phrase is “ and how is that working for you?”
- ▶ Let them do the work here, they are very capable. **Be present and attentive**, let them know that you are always willing to listen and unpack what is on their mind.
- ▶ **Allow them to see failure as a good thing!** Model this with your own life.
- ▶ **Allow them to experience disappointment and challenges** and encourage them to keep going and to try again regardless of how tough it is.
- ▶ Encourage them to **set realistic goals** and **work hard** to reach them. You may need to teach this rather than assume they know how to do this
- ▶ **Love on them for who they are** and who they have been created to be. Tell them **they are capable** and with some perseverance they can successfully use the problem-solving skills they have been gifted.
- ▶ **Be available** so that they feel safe to communicate with you and others EARLY when things are tough. This is healthy and a great lifelong skill to take into any relationship.
- ▶ Support them with their friend groups where possible and understand that this is the best battlefield for learning Grit and Perseverance – where there are people there is likely to be conflict, difference of opinions, misunderstandings, lack of communication BUT there is also likely to be love, laughter, trust, loyalty empathy, give and take and relationship building that will last for years to come.

Helpful websites or books around this topic:

<https://www.heysigmund.com/> Sign up for the monthly newsletter at this website.

Karen Young – stunning website for parents, teachers and teenagers.

Topics covered: Kids and anxiety, How to build resilience and courage in children, Building Self-control in children, Strengthening the connection with your teen, “They’ll do what?”, Helping teens to have healthy relationships and much more

BOOKS: ***Do Hard Things:*** “A teenage rebellion against low expectations” Brett & Alex Harris

GRIT “Why passion and Resilience are the secrets to success” Angela Duckworth

