

A photograph of a young child with curly hair, wearing a blue t-shirt and white shorts, running barefoot on a sandy beach. The child is seen from behind, moving away from the viewer towards the ocean. In the distance, another person is visible on the beach. The sky is overcast and the water is calm.

Grit is passion and perseverance  
for very long-term goals.

Grit is having stamina.

Grit is sticking with your  
future, day-in, day-out.

Not just for the week,  
not just for the month,  
but for *years*.

And working really hard  
to make that future a  
reality. Grit is living life  
like it's a marathon,  
not a sprint.

—*Dr. Angela Lee Duckworth*

**VALUES**  
**.COM**