

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

Grit: The Power of Passion and Perseverance by Angela Duckworth
(2016, published by Scribner)

DISCUSSION QUESTIONS

Complete the Grit measure to get a sense of how gritty you are: <https://angeladuckworth.com/grit-scale/>

- 1) Do you want to increase your grittiness?
- 2) Choose a hard thing to do. Stay with it for a specified period of time. Redo the grit measure. Has your grittiness increased?
- 3) Has your well-being increased?
- 4) Do you feel happier?

READING TIP

Create a mental health toolbox! Each time you come across a helpful well-being tip in a book, add it to a running list. Then, choose one tip from the list to try out each week.

FALL RECIPE



Butternut Squash Soup

Served piping hot with a hunk of crusty bread, this creamy, nourishing butternut squash soup recipe is fall comfort food at its best.

Learn how to make it here:

<https://www.loveandlemons.com/butternut-squash-soup/>

WELL-BEING TIP

Don't forget to celebrate your wins - both big and small! Celebrating your success boosts motivation, helps you avoid burnout, and reminds you that your effort is worth something. Next time you reach your goal, take a second, pat yourself on the back, and enjoy it!

ADDITIONAL RESOURCES

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today. <https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

McNally, M. A. (2024, June 12). *From small steps to big wins: The importance of celebrating*. Psychology Today. <https://www.psychologytoday.com/ca/blog/empower-your-mind/202406/from-small-steps-to-big-wins-the-importance-of-celebrating>

Wang, W., Li, J., Sun, G., Cheng, Z., & Zhang, X. (2017). Achievement goals and life satisfaction: The mediating role of perception of successful agency and the moderating role of emotion reappraisal. *Psychology: Research and Review*, 30(25). <https://doi.org/10.1186/s41155-017-0078-4>

Weziak-Bialowolska, D., Bialowolski, P., & Sacco, P. L. (2023). Mind-stimulating leisure activities: Prospective associations with health, wellbeing, and longevity. *Frontiers in Public Health*, 11. <https://doi.org/10.3389/fpubh.2023.1117822>

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Grit: The Power of Passion and Perseverance by Angela Duckworth
(2016, published by Scribner)

In this instant New York Times bestseller, pioneering psychologist Angela Duckworth shows anyone striving to succeed—be it parents, students, educators, athletes, or business people—that the secret to outstanding achievement is not talent but a special blend of passion and persistence she calls “grit.”

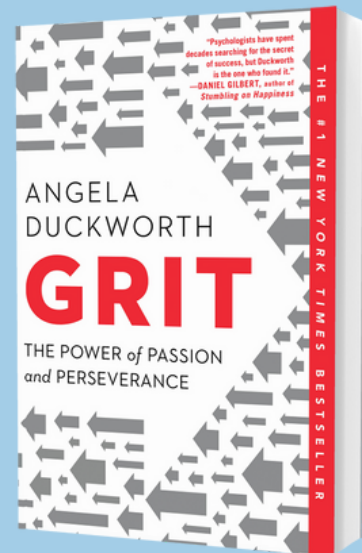
Why do some people succeed and others fail? Sharing new insights from her landmark research, Angela explains why talent is hardly a guarantor of success.

Angela has found that grit—a combination of passion and perseverance for a singularly important goal—is the hallmark of high achievers in every domain. She’s also found scientific evidence that grit can grow.

Angela gives a first-person account of her research with teachers working in some of the toughest schools, cadets struggling through their first days at West Point, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan Chase CEO Jamie Dimon to Seattle Seahawks Coach Pete Carroll.



[Dr. Angela Duckworth](#)



Take the grit questionnaire!

<https://angeladuckworth.com/grit-scale/>