

## ***Grit*** by Angela Duckworth

In Angela Duckworth's New York Times' bestseller, ***Grit: The Power of Passion and Perseverance***, she states, "If doing something repeatedly might be considered practice, deliberate practice is a different animal: it's goal directed, often solitary, and consists of repeated striving to reach beyond your current level of performance."

On page 123 of the book, she addresses the question: ***How can you get the most out of deliberate practice?*** I think that her requirements connect well to the Sprint routine.

*Each of the basic requirements of deliberate practice is unremarkable.*

- *a clearly defined stretch goal*
- *full concentration and effort*
- *immediate and informative feedback*
- *repetition with reflection and refinement*

***Make it a habit***...figure out when and where you're most comfortable doing deliberate practice. Once you've made your selection, do deliberate practice then and there every day. Why? Because routines are a godsend when it comes to doing something hard....when you have a habit of practicing at the same time and in the same place every day, you hardly have to think about getting started.

*Change the way you experience it.*

On page 127, Duckworth recommends that early elementary school teachers model "emotion-free mistake making." **Building the Sprint Routine** explores this idea in more depth.