

THE LITTLE BOOK ON GRIT.

GUTS, RESILIENCE, INITIATIVE, TENACITY



Dr. Prithika Chary

Neurologist and Neurosurgeon

Brain health & Resilience Coach

BE YOUR BEST WITH _____
Dr. Prithika Chary

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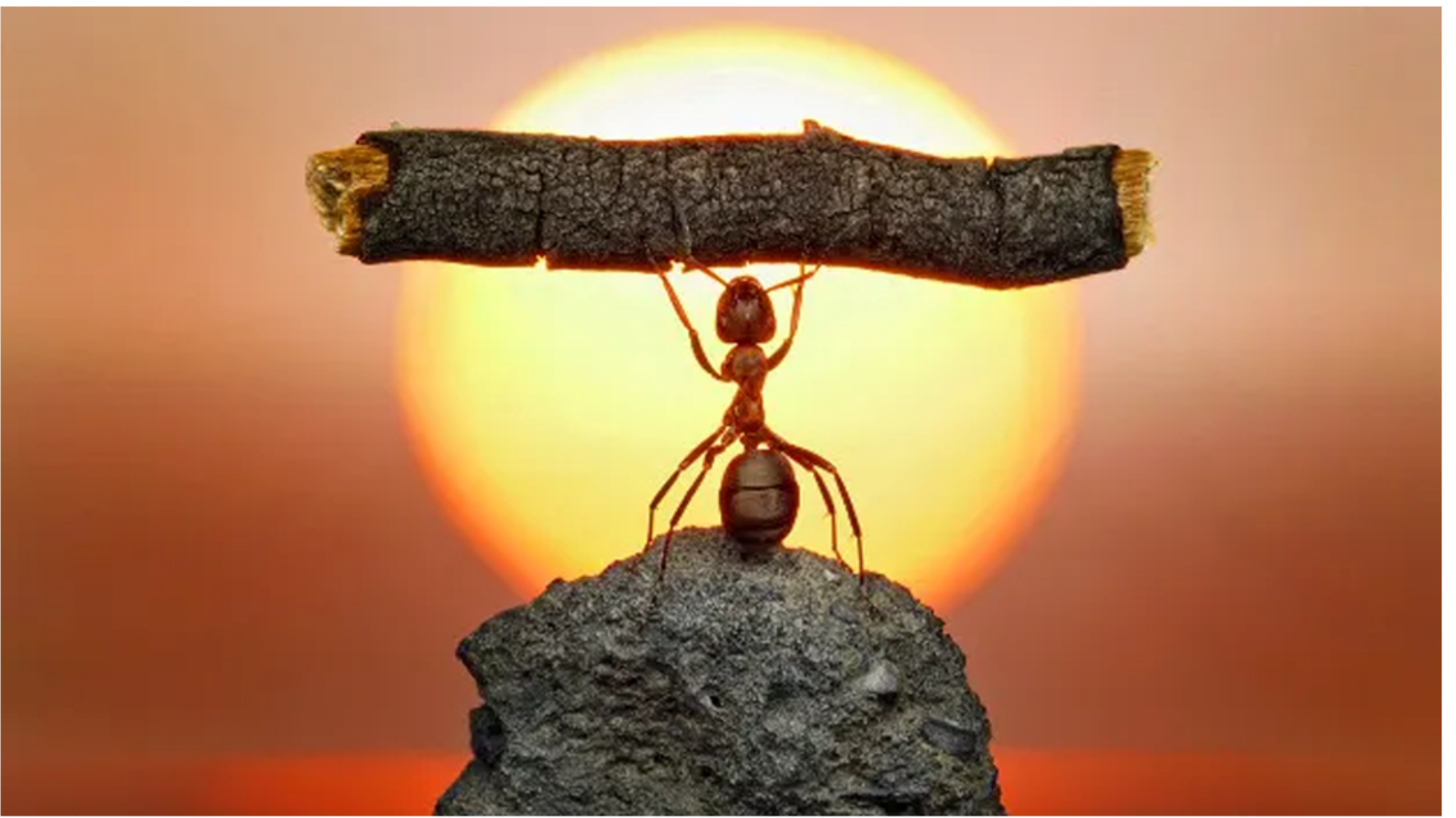


About me

I'm Dr. Prithika Chary, a qualified **Neurologist & Neurosurgeon**. I have completed medical school at the Government Kilpauk Medical College, Chennai in 1971 and then went on to qualify for the MD, DM, Ph.D and MCh from the Government Madras Medical College, Chennai. I have started practising medicine from 1974, neurology from 1978 and neurosurgery as well from 1990 in the city of Chennai.

I am also a **Brain health & Resilience Coach**. I am a qualified soft skills trainer, life & executive coach certified by ICBI, City & Guilds London, Blair Singer Academy, Indian Leadership Academy, & International Coaching Federation. I'm a skilled **Image Consultant & Professional Inspirational Speaker & NLP Master Practitioner**.

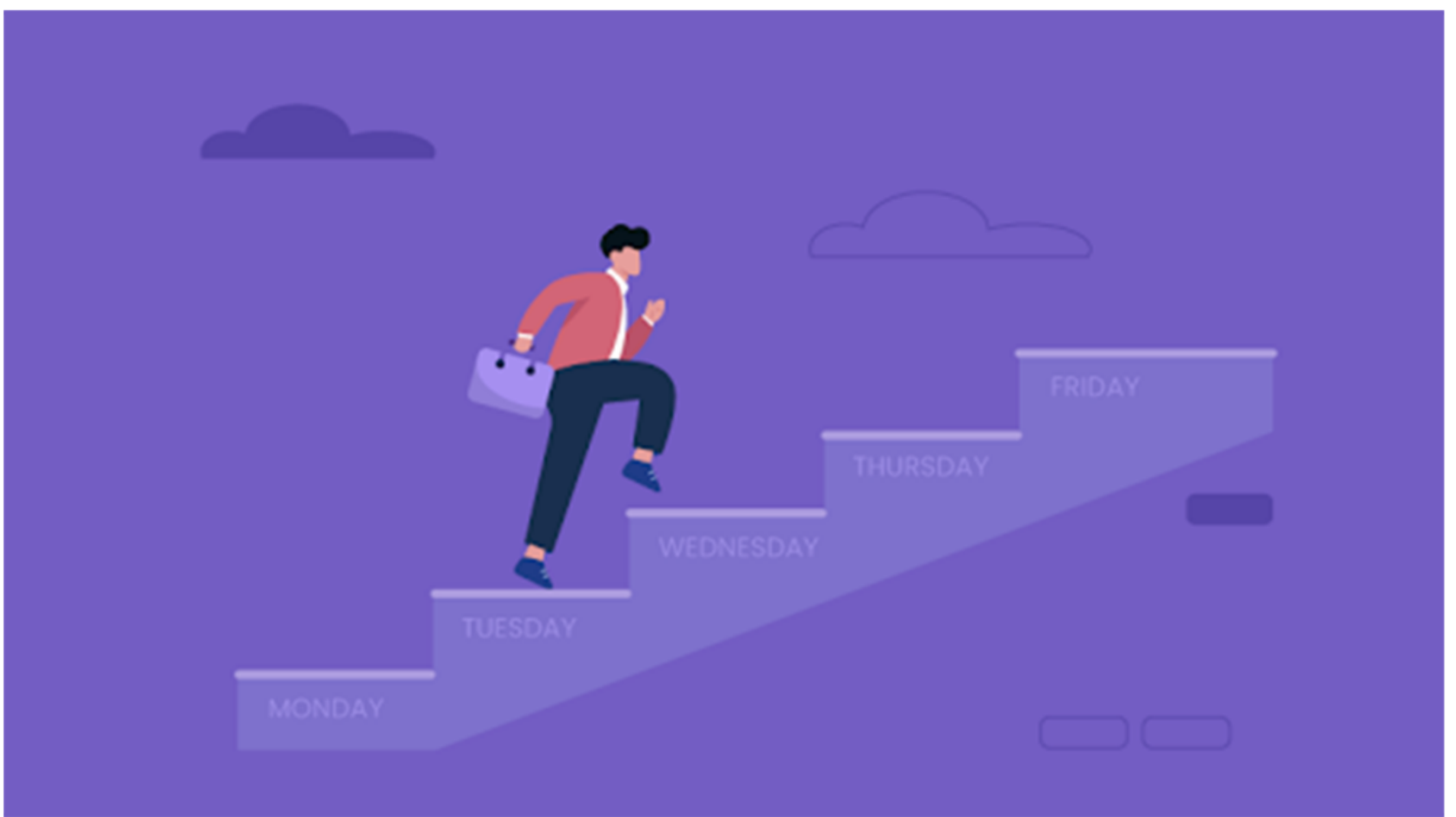
Dr. Prithika Chary



What is Grit?

- It is possessing an indomitable spirit.
- It is the practice of never quitting.
- It needs persistence and a passionate desire to never give up.
- It is having a drive for achievement regardless of background or situation.
- It is achieving our goals through steady and continuous hard work.

When a person has grit he/she can maintain their determination and motivation for long periods despite failure or adversity. A person with grit will be more successful than a person with high intelligence alone.



Grit is characterized by:

- Perseverance of effort
- Consistent interest
- Hardness or Toughness
- Motivation
- Self-efficacy & self-regulation
- Self-discipline
- Dutifulness
- Conscientiousness
- Low impulsivity
- Resilience

Self-efficacy is a person's positive belief that they can achieve goals. To enable this a person must be able to visualize a possible future of success or failure, learn from vicarious experiences (what happens to other people), have the right response (positive or negative) to messages from others, review performance outcomes of past events (positive and negative) and manage physical and emotional states.

A growth mindset then enables possibility thinking.



I control the consequences of my behaviour.

- An attitude and belief that one is likely to succeed over time
- Accepting criticism and negative feedback as constructive
- Embracing challenges
- Being resilient and persistent and not deterred by setbacks
- Modelling successful people
- Equates reward with effort

Self-development requires self-esteem (one's sense of self-worth), self-efficacy, a growth mindset, and grit.

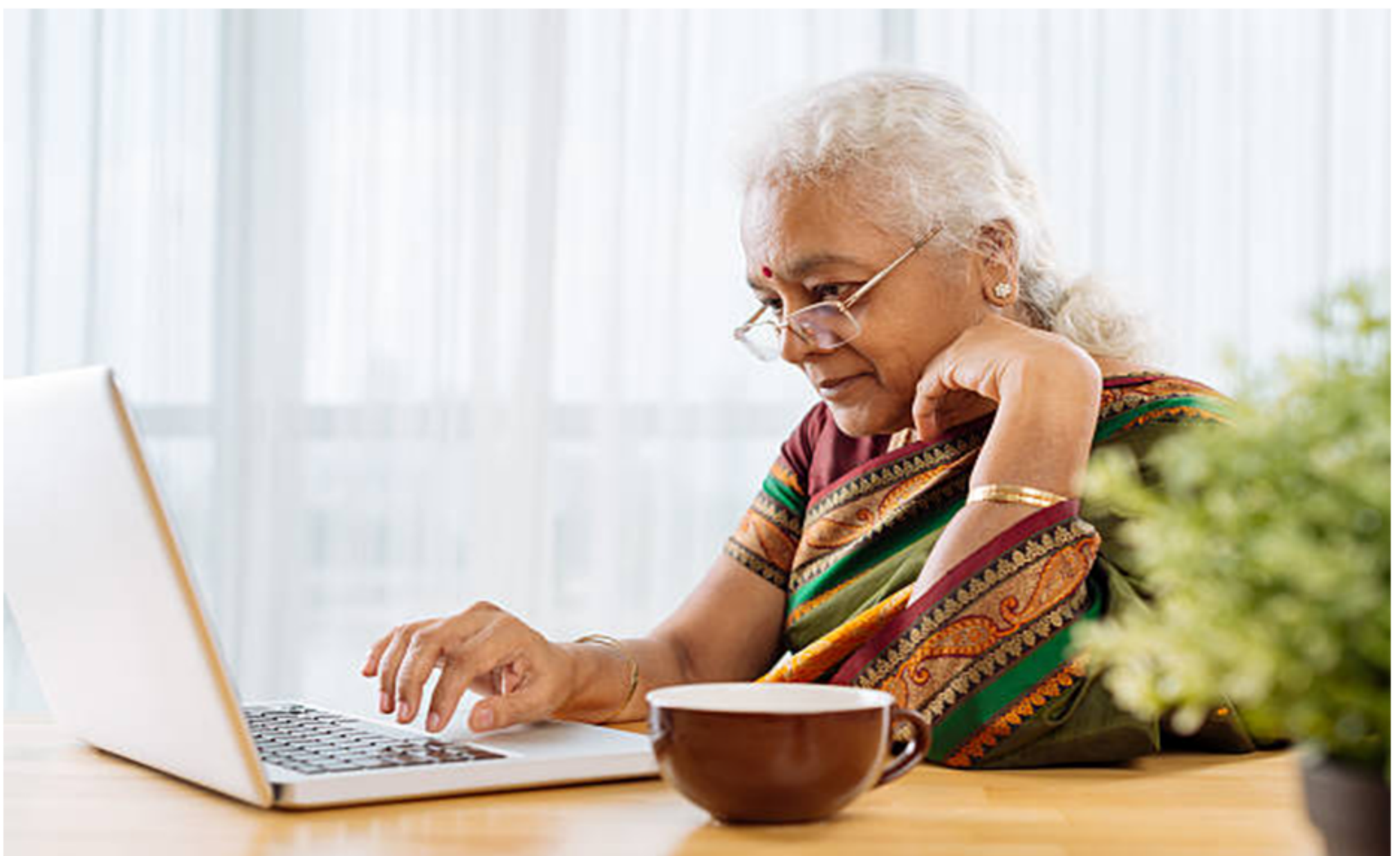
Assess your grit level score

To assess your grit level score from 1-5 answer the following statements.

For these statements, **5** is very much like me and **1** is not at all like me. This determines your perseverance.

I have made my comeback better than my setback when faced with an important challenge.

- Setbacks don't discourage me
- I am a hard worker
- I finish whatever I begin
- I have achieved a goal that took me years of hard work
- I am diligent



For these following statements, 1 is very much like me and 5 is not at all like me. This determines your passion.

- I am easily distracted by new shiny ideas and projects.
- I get obsessed with an idea or project for a short time but soon lose interest.
- I find myself setting a goal, then changing direction to pursue a different one
- I have difficulty maintaining focus on a project if it is longer than a few months
- I become interested in new pursuits every few months

Add up all the scores and divide by 12. The highest score is 5 (extremely gritty) and the lowest score is 1 (not at all gritty)



PERSONAL DEVELOPMENT

Self-growth strategies

For self-growth, the following strategies may be helpful.

Education — Educate yourself as to the mind, body, and spirit connection and how you respond to challenges.

Regulation — Self-regulation through various techniques like breathwork, physical exercise, mindfulness and meditation.

Emotional airing — Share your fears and concerns with others and seek advice.

Your future — once you have bounced back from a traumatic event, change your inner script and decide how your future life will be.

Contribution — Decide how your personal story & experience can inspire others.

To reshape, redirect, refresh, and rejoice after a challenge you need Guts (Courage) & Grit (being hardy) with resilience or the ability to bounce back.



To be great, grit is all that matters:

- Give it your all
- Redo it if necessary
- Ignore giving up
- Take time to do it right

Grit is that extra something, that special quality that separates highly successful people from the rest. It is the passion, perseverance, patience, courage & stamina we have to harness and channel to make our dreams a reality. It is a sense of direction pursued with determination.

Real grit is about having high expectations and understanding the consequences of slack. Real grit is agile and nimble & knows when something is not working and it is time to change course.

Grit is a quality every one of us must develop no matter what age because life is like a roller coaster with ups and downs, twists and turns and we need to stay on top of life to enjoy the ride.

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self-learning courses:



**THE CHILDS
BRAIN
WORKSHOP**

Duration : 1 Week

Know More

This course cover features a silhouette of a child's head with a colorful brain inside, set against a white background with an orange triangle in the top-left corner.



**Parenting &
Nurturing**
Children of the Future.

Know More

This course cover features an illustration of a family—a father carrying a child on his shoulders and a mother holding a bowl—set against a light green background with a dark green triangle in the top-left corner.



**Living
Purposefully**

Know More


This course cover features an illustration of a target with an arrow hitting the bullseye, set against a light green background with a dark green triangle in the top-left corner.



HOW TO MAKE A
**VISION
BOARD**

Know More

This course cover features an illustration of a vision board with various images and text pinned to it, set against a white background with a dark blue triangle in the top-left corner.



Chronobiology
The Secret To Your
Body Rhythms

Know More

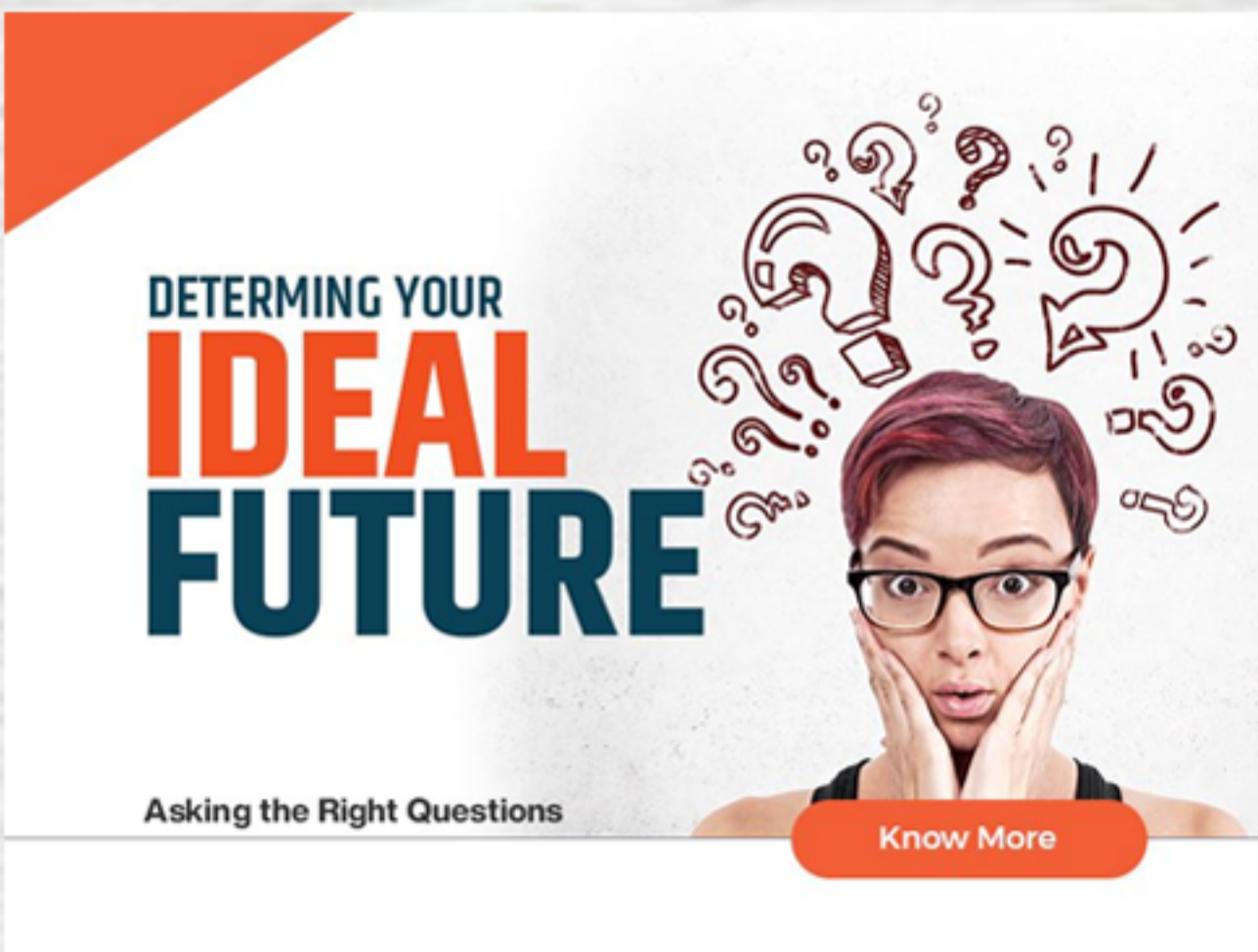
This course cover features an illustration of an alarm clock with a nature scene inside, set against a white background with a green triangle in the top-left corner.



**Positivity,
Productivity
& Possibility**

Know More

This course cover features an illustration of a man giving two thumbs up, set against a white background with a red triangle in the top-left corner.



DETERMING YOUR
**IDEAL
FUTURE**

Asking the Right Questions

Know More

This course cover features a woman looking thoughtful with question marks floating around her head, set against a white background with an orange triangle in the top-left corner.



**Productivity
101**

* Be productive in every sphere of your life
* Baby steps can give great returns

Know More

This course cover features an illustration of a man with multiple arms holding various objects, standing on top of an hourglass, set against a dark blue background with a yellow triangle in the top-left corner.

Contact Details

IT IS OUR AIM TO CHANGE YOUR LIVING HABITS AND IMPROVE YOUR
QUALITY OF LIFE

Any queries
are welcome!



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