

FREE 10-MINUTE WORKBOOK



How to Stay Gritty When You Want to Quit.

*For people who are tired,
but not done.*



Lance Miller
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Coffee with Champions



Perseverance & Grit



This workbook is for anyone who needs a little encouragement to keep going!

- Lance

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Perseverance

Steady persistence in the course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement.

"I've been putting in the work and have nothing to show for it."

"I see other people succeeding faster and it makes me question everything."

"I don't know if I should keep going or if I'm just wasting my time."

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Ever Have A “Sam” Moment?

Sam is ready to quit. 2 years in. Nothing to show for it.

People around him are succeeding faster. He questions everything.

His energy is gone. Even after a full night of sleep.

His morning thoughts start with:

“I don’t know if I should keep going or if I’m just wasting my time.”

And then...

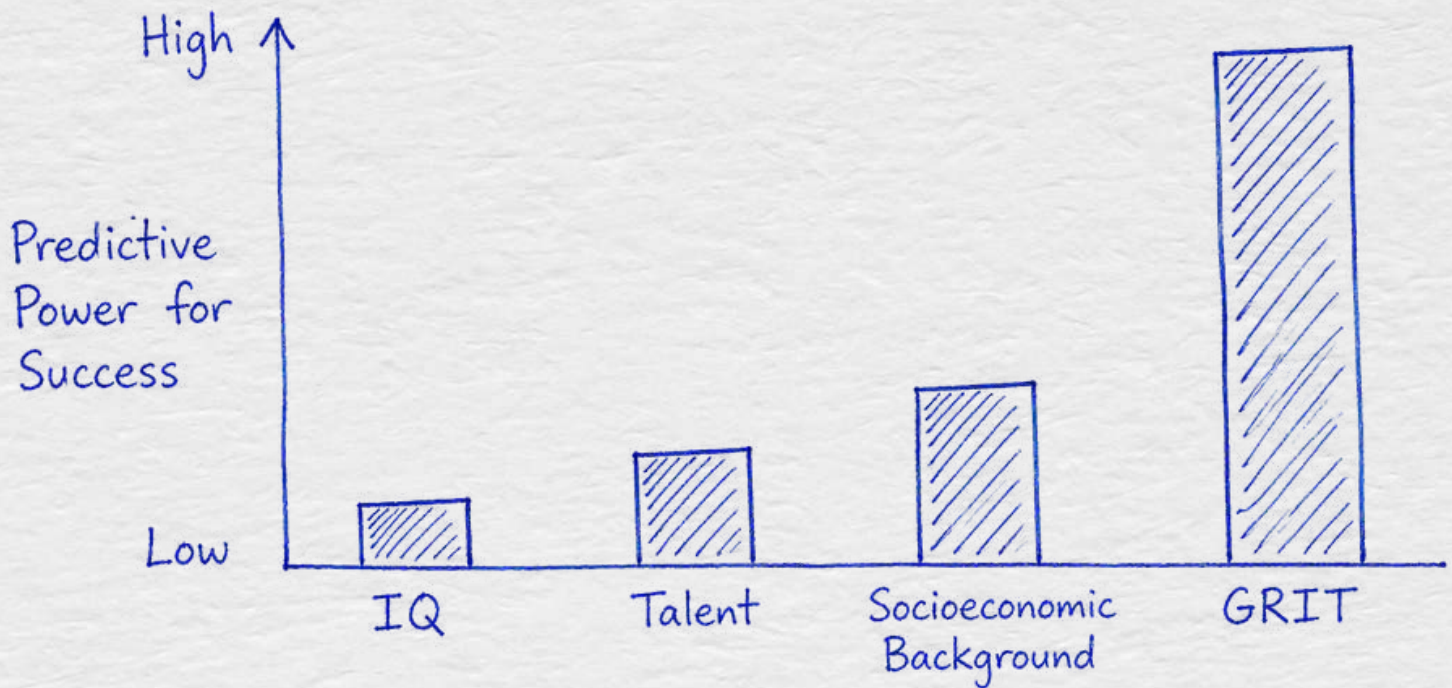
“I’ll give it one more ____ (day, week, month).”

I admit I’ve felt like Sam a time or two in my life.

How about you? Ever have a “Sam” moment?

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What Predicts Your Success? Talent or Grit?



Grit = Passion + Perseverance for long-term goals

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Your Grit Will Win.

No doubt, your coworker is more talented.

You only have grit.

Who will win?

Psychologist Angela Duckworth used science to figure it out.

Her studies showed that grit is better than IQ, talent, or socioeconomic background.

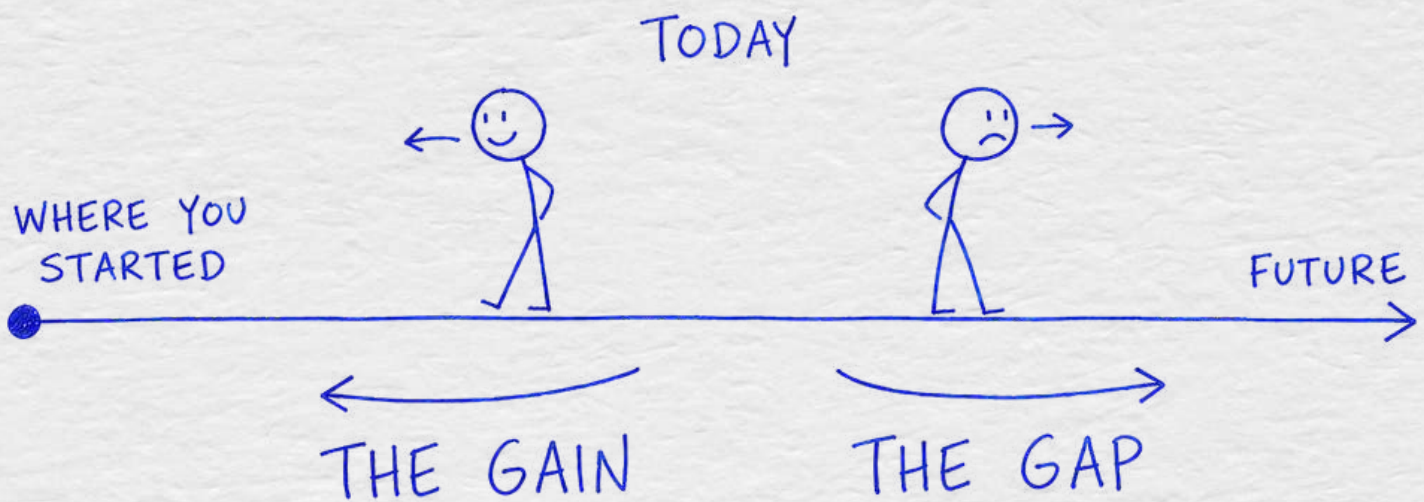
She wrote a book *Grit: The Power of Passion and Perseverance*.

This part is for you:

If you have more grit, you'll get where you want to go.

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This concept really changed my grit level.



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The Gap vs The Gain

Use how you “feel” to measure progress instead of movement. [Wrong]

Compare your behind-the-scenes to someone’s highlight reel. [Wrong]

Treat perseverance like a personality trait (“I’m not that disciplined”) instead of a daily decision. [Wrong]

These are 3 mistakes people make regarding perseverance.

Don’t do these.

Here’s a solution.

I got it from the book *The Gap and The Gain*, and it changed my life.

Instead of looking at how far you have to go,
Look back at how far you’ve come.

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A Grit Story

The orange running shoes. I love 'em. My wife, eh, not so much.

They are my grit story, though.
I love running. (since 2008)
Love what it teaches me (as I get older)

But the last year has been a challenge.

Plan a race.
Train.
Injury.
Rest.
Figure out how to strengthen the injured area.

Repeat. Repeat. Repeat.

3x this has happened in the last year.

I'll get there.

Never give up.

Grit.



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**Would
You
Water Dirt For
4 Years
Straight?**

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The Chinese Bamboo Tree

A farmer watered the dirt for 4 years straight.

Year 1 – nothing.

Year 2 – nothing.

Year 3 – nothing.

Year 4 – still nothing, just dirt.

But in year 5?

A Chinese Bamboo Tree grew 80 feet from a seed in six weeks.

It wasn't doing nothing for four years.

It was building a root system strong enough to support what was coming.

You work the same way.

That certification no one noticed? Roots.

The project that flopped? Roots.

The mornings you showed up when no one was watching? Roots.

Stop measuring your growth by what's above the surface.

You're not behind.

You're building roots.

And your fifth year is coming.



If you found this workbook helpful, follow me on my socials for more tips and workbooks.

Be a force for good,

Lance

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