

GRITLY AUDIO TRAINING: DO LESS IN MORE TIME

Learn how to take simple & actionable steps to develop a grit mindset to successfully execute on your ideas fast!

TALENT DOESN'T DETERMINE SUCCESS

I'm so glad you've decided to tune in for this first audio training on developing a grit mindset to ultimately do more in less time. I'll share with you now how your mindset powers your success and help boost your productivity and outcome.

If you look at productivity and your brain's ability to focus, you can only get so much done in a day, in a few hours. **The best performers will be able to focus well for about 3-4 hours per day.** 4 hours with no distractions and maximum productivity. 4 hours of deep work, imagine that! That's way better than most people can do in a day, as we're constantly distracted and interrupted at work and according to many studies, it takes about 5 to 25 min for your brain to refocus. That's why at the end of a busy workday you often got close to nothing important done. Which leads to frustration, headaches, feeling constantly overwhelmed, stressed out or even worse as it goes on and on, being burned out. So if you can only have a few hours where you can have deep focus, you better get the most out of it. Not just for the sake of having improved outcome but also for your mental health.

The first thing you have to look at when it comes to improved productivity is your mindset. When you have a grit mindset, you'll be able to remove distractions, stop procrastination and take daily actions to work on what really matters. The good news is, you're not born with grit, you actually develop and nurture it. Like you can train your brain, which is a muscle, to focus better or improve your memory. We didn't know it was possible 20 years ago.

We also believed people born with natural talent could achieve better results than anyone else. But now we know that's not always true. People who grit can achieve way more than talented people, because where most talented people can lack drive or willingness to go beyond and improve and rely primarily on their "talent", **gritly people will relentlessly do more and find ways to do it better, eventually reaching better performance than talented people.** It's true in sports and in business as well.

So if you also think of grit as a muscle or an ability to develop, you will be able to work consistently on what is important and deliver better results. Grit will determine your outcome and will help you to push through your doubts and fears and obstacles. Yet Grit is not about hustling 24 hours. I define Grit as working relentlessly towards what matters to you. It takes discipline and consistent efforts.

Are you ready to cultivate Grit?

Jump in to the next audio for actionable tips you can apply straight away.