

Grit as a predictor of success in life: a reflection paper

[Psychology](#), [Success](#)



Dreaming is indeed free. You can always dream anything, anytime and anywhere. There is no certain rule that tells you that you cannot dream because dreaming is within yourself. You are capable of dreaming or having a goal in life in any sense, since you are the own artist of your life. You are the one who is writing the story of your life. Humans seek for whole individuality. It is one of the reasons why we tend to dream or set goals. We want something beyond the things we have. We never settle for less.

Upon watching the ted talk, I realized something that enlightens me. It seemingly answers all my doubts and worries in life. Before, I always ask myself. Can I achieve my dreams in life? I was really struggling with my dreams in life. I am partially uncertain of what I want to be. I have this way of thinking that I don't trust myself. I don't trust my ability because I am afraid of failure and rejection. It was boosted when I entered the university. I have a sudden loss of confidence. I was a very confident student during my high school days. I can talk in front of many people before. But now, my ability to be socially confident is gradually fading. I tried working this out, but it became worst as the day passed by. I met several friends in the university and some of them made my situation worst. They usually attacked me verbally. I received discouragement rather than encouragement. Instead of making me feel better, they make it worse to the point that I want to transfer to other university. It made me question myself. Do I fit here? I cried a lot while seeking for a remedy to the fear I have and realized that I should be the one managing my life. I shouldn't be entertaining those friends who continuously pulling me down. I have the intelligence but what I need the most is grit.

I must be determined of what I want to be an agriculturist. I know it is far from what I'm taking right now, but I am more than certain that this is what I dreamed of. This is what I am passionate of. I should be stronger to embrace failure for it will help me become wiser and better. Failure is temporary. It is just a part of the process. All I need is a positive perspective that "I can" and "I will" through hardwork. If I think that my ability is not enough, I need to strive harder to achieve that ability. I have to accept that I lack that ability for me to look for it. There is nothing wrong with starting over because through that you can see or visualize a better view of what you need. It is like rebuilding a devastated house after a strong typhoon. You should rebuild your house because you will be the one who will benefit from it. If you don't rebuild it then you will be also the one who will suffer from it. According to Veronica Rossi, "How do you restart something that had never been turned off?" Never settle for less. Never be afraid of failure because it is a part of the whole process. I solely agree that grit is the key to success. Being successful is made possible by the hindrances and obstacles. Failure and rejection give value of success because according to Aaron Lauritsen, "Without struggle, success has no value."