

THE HARD THING RULE

choose one thing

In her book *GRIT: The Power of Passion and Perseverance*, Angela Duckworth talks about how she helps her kids develop their **PERSEVERANCE** by using something she calls the 'Hard Thing Rule'.

This rule has 4 features:

1. Everyone has to do something (mum, dad and/or caregivers too).
2. It must be something that requires regular practice.
3. You can quit, but *only* when the season (or some other natural break) is over.
4. You get to pick your 'hard thing'.

PERSEVERANCE is about experiencing the highs and the lows whilst knowing you are in it for the long run.

We all have those moments when we want to give up, but the *hard thing rule* will teach you not to "quit on a down day".

time to choose

My **1** thing is:

I will do this until:

I promise that I will not quit, I will keep going to the date above. I understand that there will be times where I don't want to do it, but I accept that and will **PERSEVERE, because I said I would and it will help me to develop my strength of **PERSEVERANCE**.**

Signed:

Date: