

Effort Research

To enhance and improve your growth mindset, effort is needed, working hard whether you want to or not is key.

It is next to impossible to achieve anything without effort. Effort is one of the most important aspects toward achieving success. Many individuals want to put effort in for shorter periods of time as they want instant rewards or gratification. However, effort requires more than just short bursts, it needs ongoing, steady mental and or physical energy exerted until the goal or task has been reached. In some cases, a change in strategy is needed but the effort needed is constant. Effort can also turn around failure. If you look back on any of your failures, there is a good chance that the lack of effort is to blame.

Did you know that if you forgot a tidbit of information (*an acquaintance's name, an address, the name of a book or author etc.*) and you put in that extra effort to remember it, you probably wouldn't forget it again. AND, you worked your brain's memory. You didn't give up and gave yourself mental exercise. BUT, if you just asked somebody or looked it up – you'll likely forget it again and will have done nothing for your brain or memory. Always provide that extra effort – don't give in.

Your task:

Research an athlete, writer, government official, or musician, CEO, hero or other and explain how they used a tremendous amount of effort to get where they are.