

studied through many times."

You can easily attribute insane success to talent. But the ability to keep plugging away despite any setbacks or failures can significantly improve your odds of succeeding at any skill you choose to master.

Researcher Dr. K. Anders Ericsson of the University of Stockholm has found that talent is really about deliberate practice. The mix of passion, perseverance, and self-discipline that keeps you moving forward in spite of obstacles can contribute to your success more than your IQ.

Your ability to stick with and pursue any goal over a long period of time is an important indicator of achieving anything worthwhile in your life and career.

In an article on LinkedIn, Daniel Goleman, the author of Focus: The Hidden Driver of Excellence, argues that the trait that takes you from average to spectacular comes from your measure of cognitive control, not your IQ.

"The abilities that set stars apart from the average at work cover the emotional intelligence spectrum: self-awareness, self-management, empathy, and social effectiveness," says Daniel.

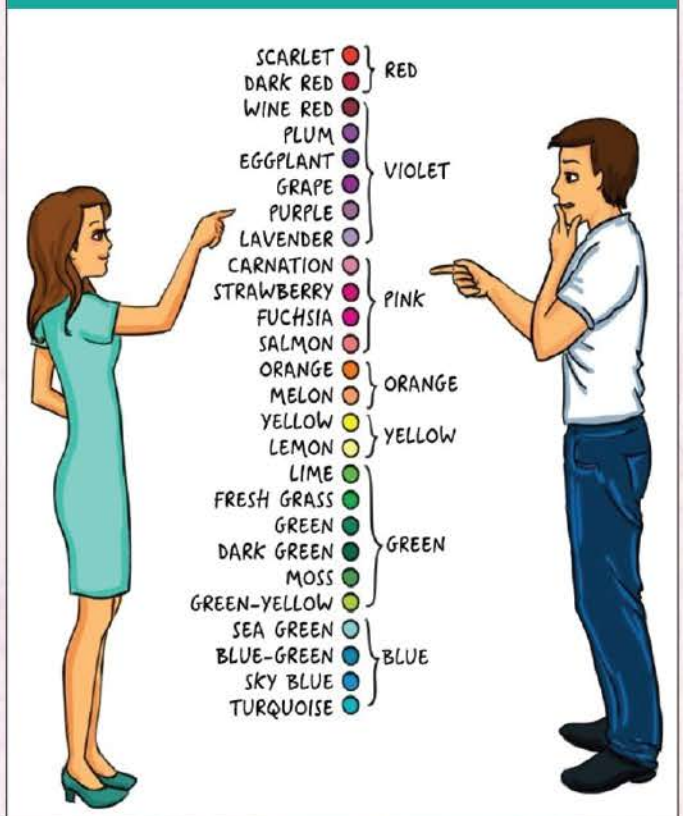
He references studies from the University of Pennsylvania to exemplify the importance of these skills: The students who earned the highest grades weren't necessarily the ones with the highest IQs, but rather those who kept trying despite setbacks and failures.

These studies suggest that one of the most crucial skills you need to succeed is having a talent for working hard. The ability to persevere and maintain goal-focused effort for extended periods is important for your success.

The good news is, you can cultivate the perseverance and mental toughness success requires. Your response to a challenging situation is more important than the obstacles you face, hence the need to develop powerful motivation to help you achieve your goals. Tenacity matters more than talent.



How women and men see colours



**if you cannot do great things,
do small things in a great way.**

