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## New Theory of Elite Performance

### What really leads to success

Christine L. Carter, Ph.D. We used to think that people were successful thanks to their genetic make-up—their inborn talents and innate passions. We called these people “gifted,” and assumed their success came from God-given talents more than their efforts. The belief that success comes from God-given talent is not only discouraging—what if you don’t feel “gifted”?—but profoundly incorrect. Because researchers love to study super-high achievers, we know that the vast majority of achievements don’t spring from innate talent as much as they emerge from hard work and passion. Angela Duckworth, the celebrated psychologist who first defined “grit” as perseverance and passion for long-term goals, has a theory about success. Instead of seeing achievement as simply a byproduct of IQ ..... read complete article



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