

ALPHA SIGMA ALPHA ALUMNAE BOOK CLUB DISCUSSION QUESTIONS
MAY 2019 – “GRIT” BY ANGELA DUCKWORTH

1. Where did you land on the Grit Scale? Were you surprised?
2. Which Grit Scale score surprised you most, your perseverance or passion score? Do you see yourself that way?
3. Describe a time where you really displayed grit.
4. How can we foster a growth mindset and grit, both within our daily lives and within Alpha Sigma Alpha?
5. What is an area where you feel like you have grown as a result of a gritty mindset?
6. Do you live by the Hard Thing Rule? If so, what is your hard thing?
7. Looking at the three recommendations for cultivating a sense of purpose: describe how the work you're already doing can make a positive contribution to society.
8. Looking at the three recommendations for cultivating a sense of purpose: describe how, in small but meaningful ways, you can change your current work to enhance its connections to your core values.
9. Looking at the three recommendations for cultivating a sense of purpose: describe how you find inspiration in a purposeful role model.
10. What was your biggest takeaway from this book?