



a uniquely Finnish quality;

the word used to typify the Finnish spirit;

a concept that is at the heart of how all Finns view themselves;

a feature or value considered by Finns to be typically Finnish

- Endurance, resilience, tenacity, determination, perseverance
- An inner reserve of diligence, capacity; the ability to always overcome
- Recklessness that inspires one to face incredible odds
- Bravery, empowerment, inner-strength

Gritting your teeth, continuing to fight against an overwhelming enemy, clearing a forest with your bare hands, continuing on to win a race even after falling!

Sisu means that you finish what you start, you don't quit in the middle of a job, and you don't whine!

"It doesn't take sisu to go to the North Pole; it takes SisU to stand at the door when the bear is on the other side!"

Sisu is a Finnish word generally meaning determination, bravery, and resilience. However, the word is widely considered to lack a proper translation into any other language. Sisu is about taking action against the odds and displaying courage and resoluteness in the face of adversity. Deciding on a course of action and then sticking to that decision against repeated failures is Sisu. It is similar to equanimity, except the forbearance of Sisu has a grimmer quality of stress management than the latter. The noun Sisu is related to the adjective sisukas, one having the quality of Sisu.

"Having guts" is a fairly literal translation, as the word derives from sisus, which means something inner or interior. One closely related concept to Sisu is grit; which shares some of its denoting elements with Sisu, save for 'stress management' and passion for a long term goal. Sisu may have an element of passion but it is not always present, unlike in the case of grit as defined by Dr. Angela Duckworth. Sisu is also related to concepts such as resilience, perseverance and hardiness.

The Finns have something they call Sisu. It is a compound of bravado and bravery, of ferocity and tenacity, of the ability to keep fighting after most people would have quit, and to fight with the will to win. The Finns translate Sisu as "the Finnish spirit" but it is a much more **Gutful** word than that. The Finns have given the world a good example of Sisu by carrying the war into Russian territory on one front while on another they withstood merciless attacks by a reinforced Russian Army. In the wilderness that forms most of the Russo-Finnish frontier between Lake Laatokka and the Arctic Ocean, the Finns definitely gained the upper hand.

—Time magazine, January 8, 1940

