



The Virtue of Perseverance

Perseverance is being steadfast and persistent. You commit to your goals and overcome obstacles, no matter how long it takes. When you persevere, you don't give up...you keep going. Like a strong ship in a storm, you don't become battered or blown off course. You just ride the waves.

You are practicing Perseverance when you:

- Choose your commitments wisely
- Set goals and stick with them until completed
- Pace yourself, and take one step at a time
- Don't let doubts or tests blow you off course
- Stand by your friends and loved ones

Affirmation

I have perseverance. I finish what I start. I keep a steady pace in what I choose to do. I am loyal and committed.

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