

PERSEVERANCE- WHAT IS IT?

Practicing perseverance means that a person doesn't give up on something just because it gets hard or challenging. Other words related to perseverance are "persistence" and "determination". Perseverance is a skill- something we develop with practice over time!

Let's think about what perseverance can look like in your daily life as we brainstorm some ways you have already practiced Perseverance!

- 1. TELL ABOUT A TIME YOU LEARNED OR TRIED SOMETHING NEW, AND FACED A CHALLENGE.**

- 2. WHAT WAS THE CHALLENGE YOU FACED? HOW DID YOU FEEL AT FIRST ABOUT THE OBSTACLE OR CHALLENGE?**

- 3. WHAT STEPS DID YOU TAKE TO OVERCOME THE CHALLENGE? DID YOUR FEELINGS EVENTUALLY CHANGE ABOUT THE CHALLENGE? WHAT IF YOU HAD GIVEN UP?**