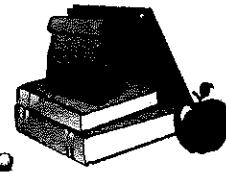


Determination



What Is Determination?

Determination is focusing your energy and efforts on a task and then sticking with it until it is finished. Determination is using your will power to do something when it isn't easy. You are determined to meet your goals. Even when it is really hard, or you are being tested, you still keep going.



Why Practice It?

Without determination, things don't get done. People give up easily and don't ask for help when they need it. With determination, even the hardest task becomes a challenge we are willing to accept. We do things that matter in the world. With determination, we can make our dreams come true.



How Do You Practice It?

Decide what is important to you. Then use your will power to make it happen. Finish what you start. If obstacles come up, deal with them, and get back on track. If you get discouraged or distracted, remember your goal. Ask yourself "What do I need?" Then start again. It feels good to meet your goals!

The Virtues Project

What would Determination look like if...

- You are trying to learn to ride a bike?
- You are doing a really hard homework assignment and it is due tomorrow?
- You are building a model for your Dad's birthday and it gets complicated?
- You want to become good at a sport or art?
- You decide to work on a new virtue and keep slipping into your old habits?
- You are doing a job for your mother and TV distracts you?

Signs of Success

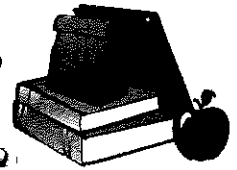
Congratulations! You are practicing Determination when you...

- Believe what you are doing is important
- Set goals for yourself
- Focus your attention on what you are doing
- Resist being distracted
- Keep going if it gets difficult
- Ask for help when you need it
- Finish what you start

Affirmation

I am determined. I set goals and keep going until I achieve them. I get things done. I stay on purpose.

Activities with Determination



Song

"The Itsy Bitsy Spider went up the water spout.
Out came the rain and washed the spider out.
Out came the sun and dried up all the rain
And the itsy bitsy spider went up the spout
again."

Puppet Play

Using puppets, tell a story of a very discouraged animal who never gets anything done and a friend who encourages the animal to be determined. Show the puppet changing from giving up to having enthusiasm and determination. Example: Character has a hard job to do and feels like giving up. Winter is coming and a bear needs to dig his den. An ant needs to gather food.

Stories of Determination

The Ant and the Grasshopper.
Tell a story about Helen Keller.



Virtues Reflection Questions

- ❶ Name a character from a book who succeeded because of his or her determination.
- ❷ Name an historical figure who showed great determination. (Examples: Helen Keller, Albert Einstein, Rick Hansen.)
- ❸ What would it be like to play a sport without determination? With determination?
- ❹ When have you needed the most determination?
- ❺ What is your biggest distraction? What helps you to resist it?
- ❻ Name three of your personal goals in life.



Drawing Determination

Draw a picture of yourself having achieved one of your life goals with determination.



Poster Points

- ❶ I set goals.
- ❷ I get things done.
- ❸ Keep on keepin' on.
- ❹ I finish what I start.



Quotable Quotes

"Keep on keepin' on" African American Proverb

"An eagle misses seventy per cent of his strikes.
Why should I expect to do better?"

Sophy Burnham

"Just do it!" Anonymous

"The difference between determination and stubbornness is that one comes from a strong will and the other from a strong won't."

Anonymous

"Strong reasons make strong actions."

Anonymous

"Character is a perfectly educated will."

Novalis