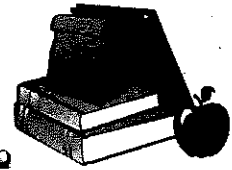


# Perseverance



## What Is Perseverance?

Perseverance is being purposeful and steadfast. It is sticking to something, staying committed, no matter how long it takes or what obstacles appear to stop you. A good example is the story of the tortoise and the hare. Even though the tortoise was slower than the hare, he won the race because he persevered – he didn't let anything stop him or distract him. He kept on going.

## Why Practice It?

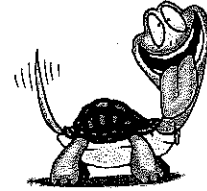
Without perseverance, people give up on things easily. They don't keep their promises. When we persevere, people can depend on us to finish what we start and to keep our commitments. When we persevere, we stay friends even when the friendship is tested. We don't give up until a problem is solved.



## How Do You Practice It?

You practice perseverance by committing to someone or something. Choose your commitments wisely and then stick with them. When you commit to a task, pace yourself, and be persistent, doing it step-by-step. Stand by your friends even when they aren't much fun, or are having a hard time. When trouble or doubts come up, be like a strong ship in a storm. Don't let yourself become battered or blown off course. Just ride the waves.

The Virtues Project



## What would Perseverance look like if...

- You begin to feel bored being with a long-time friend?
- You are in the middle of a hard job and begin to feel tired?
- You have spent a lot of time practicing a sport or dance and doubt if you have what it takes?
- Your family is hiking to the top of a mountain and you don't think you can make it?
- You are doing something you have never done before and are afraid you won't get it right?
- Your best friend moves away and you don't want to forget each other?

## Signs of Success

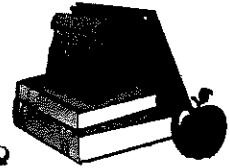
Congratulations! You are practicing Perseverance when you...

- Think before deciding to commit to someone or something
- Pace yourself
- Set goals and stick with them until they are completed
- Take one step at a time, remaining steady
- Don't let doubts or tests blow you off course
- Stand by your friends and loved ones

## Affirmation

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

# Activities with Perseverance



## A Story of Perseverance

Share the Aesops Fable of the Tortoise and the Hare and discuss.



## Virtues Reflection Questions

- ❑ When in your life have you been like the Hare?
- ❑ When in your life have you been like the Tortoise?
- ❑ How can you tell if you want to commit to a new friend?
- ❑ What qualities do you look for in a friend?
- ❑ How do the following jobs need perseverance? What would happen if people in these roles did not persevere?

Parent  
Fire-fighter  
Professional Athlete  
Teacher  
Inventor



## Drawing Perseverance

Draw a picture of someone doing a job that takes perseverance.



## Poster Points

- ❑ Keep on keepin' on.
- ❑ I finish what I start.
- ❑ Riding the waves.
- ❑ A winner never quits.



## Quotable Quotes

*"Success comes in cans. Failure comes in can'ts."* Fred Seely

*"Just don't give up trying to do what you really want to do. Where there's love and inspiration, I don't think you can go wrong."* Ella Fitzgerald

*"Never give up!"*  
Otto Frank (Anne Frank's father)

*"The sense of obligation to continue is present in all of us. A duty to strive is the duty of us all. I felt a call to that duty."* Abraham Lincoln

*"Keep on keepin' on."* African-American saying

*"Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent...Persistence and determination alone are omnipotent."* Anonymous

*"Never let me be burdened with sorrow by not starting over."* Native American tradition

*"Take everything as it comes; the wave passes, deal with the next one."* Tom Thomson

*"A winner never quits and a quitter never wins."* Unknown