PRACTICE EXERCISES
PERSEVERANCE
WEEK THREE

★ The number of stars represents the degree of difficulty. ★

Beliefs That Keep You Going

Throughout history, people have performed feats and endured hardships because of **deeply held beliefs.** The stronger the beliefs, the greater perseverance. One important way to increase the habit of perseverance is to identify, affirm and strengthen beliefs that you find highly inspirational to your resolve. Below are five deeply held beliefs that can aid perseverance. Reflect on each one. Put a check mark beside the two that might be most effective in helping you persevere under your circumstances.

- ☐ **Belief #1:** It is important for a person to finish what they begin, if they are confident it is the right thing to do.
- ☐ **Belief #2:** It is important for people to keep a promise or fulfill a responsibility they made or undertook without any coersion.
- ☐ **Belief #3:** No person should cease efforts they've begun if clearly identifiable harm or loss would come to some other person.
- ☐ **Belief #4:** There are certain missions, visions or goals that are so important no amount of struggle or loss should make a person give up.
- ☐ **Belief #5:** The importance of serving others well or setting a good example for people of all ages calls for the willingness to persevere.

ALL YOU HAVE TO DO IS... ASK

Often it's easier to persevere if you are not going it alone. There are two ways to address that problem. **#1:** You need to open up to someone when you're already struggling. Or **#2:** You need to anticipate before you get started facing some challenge that you might need some kind of advice, resources, or assistance. Pick one of those two possible situations (or both) and write the name of a person in the boxes below.

I'm really struggling to keep going in this situation. I need to let this person know...	I'm about to take on a task or commitment and I'm not sure I have what it takes. I need to ask this person for help...

VOWER POWER

By now you have become aware of some of the challenges and pleasures of practicing perseverance. You may have found that improving your perseverance is more important to you than you thought it would be. That's great! That's the way it is once you become passionate about being a person of good character. Your hunger deepens. But hungering for perseverance is one thing. Really living it is something else. That usually takes making a vow. Just like a person does at their wedding. A vow is a promise written in indelible ink that expresses your resolve, captures your hopes, and focuses your efforts. Do you really want to be a persevering person? Then find a sheet of paper and compose a carefully written vow to practice perseverance as strong as you would write and keep a wedding vow.

Want all 30 perseverance exercises in our full-color 60 page workbooks? **bit.ly/perseverance-hardcopy** or scan the QR code.

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