PRACTICE EXERCISES

PERSEVERANCE

WEEK TWO

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

Halftime Adjustment

When a sports team is losing after the first half of the game, the coach gathers them in the locker room and makes some adjustments for the second half of the game. Perseverance requires a “worthy goal.” Your assignment is to **identify some task or responsibility you are struggling to complete, and see if you can make an adjustment to your goal that will improve your chances of persevering.**

Name the task or responsibility.

Your halftime adjustment to make the goal more powerful.

OUCH! THAT HURTS

Sometimes persevering requires enduring actual pain or discomfort. Nobody likes that, so we are prone to quit too soon just so we can put an end to the discomfort. That means we have to practice holding out beyond our natural quitting point. Pick one of the following uncomfortable activities that will push you into some level of discomfort.

- ☐ Give yourself two hours less sleep for 2 days in a row and go through your normal daily routines and workload without slackening, acting tired, or letting anyone know.
- ☐ Fast between breakfast and supper for two days in a row, without slackening in your work output, mental concentration, and kindness toward people.

Where’s Your Breaking Point

Perseverance is a matter of "pressing through hardships" rather than giving in and quitting. Read through the list of "reasons people give up" and place a check in the box of the three that tend to stymie you.

Then think of anything you’ve been struggling with now or recently, and spot whatever “reasons” for giving up you might be facing. Then address each reason in a way that might help.

REASONS PEOPLE GIVE UP

- ☐ IMPATIENCE: This is taking too long. I can’t wait any longer.
- ☐ DISAPPOINTMENT: This is not panning out the way I hoped.
- ☐ PHYSICAL STRUGGLE: I’m too tired. This hurts. I can’t go on.
- ☐ LACK OF HELP: I need more help/resources than I’m getting.
- ☐ EMOTIONAL STRUGGLE: I’m at the end of my rope. So frazzled.
- ☐ UNNOTICED: Where’s recognition/thanks for how hard I’m working.
- ☐ AT A LOSS: Nothing has worked and I’m out of ideas.
- ☐ LONELINESS: Am I the only one who cares about this?

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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