PRACTICE EXERCISES

PERSEVERANCE

WEEK ONE

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

Better Than Bromides

A “bromide” is a cliché or trite platitude that lacks originality, such as “Winners never quit; quitters never win.” People say that bromide in hopes of inspiring perseverance. Chances are that statement has little power to inspire you. Nevertheless, there must be some inspiring quotation that would help you to persevere. That’s your job. **Search and research until you find a perseverance-promoting saying you really connect with and write it below.**

Ways Perseverance Behaves

Persevering people inspire us. Chances are you know some people who manifest perseverance in different ways. Your task is to read the descriptions of some ways perseverance behaves in the column to the right and identify a person who is an admirable example of perseverance in that way. Then, finally, come up with one more way perseverance behaves and a person who is a good example of it.

Motivated by unwavering strong convictions.

Admits need and reaches out for help if that's what it will take to hang in there.

Physical challenges and fatigue, do not become an excuse for quitting.

Keeps going even when no one else understands how difficult a task may be.

Do one more of your own.

Turn Your Values Into Treasures

All people have values. They value children. Free speech. Honesty. But how much value do they place on their values. Do they value “free speech” enough to listen to those who disagree with them? Do they value honesty enough to tell the truth even if it means losing their job? Many times we must **add value** to our values until they become treasures we would protect at all cost. Undoubtedly you value the trait of perseverance, but do you treasure it? How can you make perseverance even more precious to you, so that you will want to attain it even more?

Write a couple sentences here that say how you will boost the value you place on perseverance.

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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