

PERSEVERANCE

First & Last Name: _

Perseverance means to "never give up." Throughout your life, you will be presented with challenges and situations that will be difficult. They may be things that you aren't able to learn and master quickly. It is important to continue trying, doing your best, and having patience until you accomplish your goal. If something is difficult, ask for help and learn ways you can overcome the challenge. Don't lose your temper if you become overwhelmed. If a task at hand is large, focus on breaking it down into smaller tasks that you can accomplish little by little until the entire task is done. Training toward your Black Belt is not just about demonstrating your physical martial arts abilities. You must demonstrate your mental, emotional, and social strengths as well.

In the space below, write about something in your life that is or was difficult to accomplish. Write about how perseverance allowed or is allowing you to complete your goal.

