

2. Perseverance

Stories

1. The Tortoise and the Hare
2. The Little Hero of Holland
3. Brave Irene

Worksheets

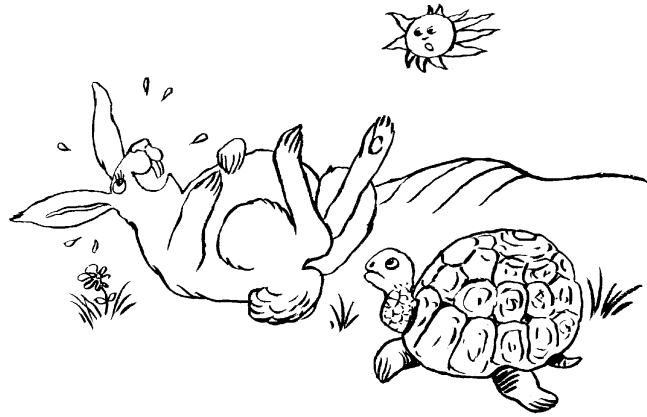
1. What is Perseverance?
2. No Perseverance
3. Questions to Discuss
4. Overcoming Difficulties
5. Try Try Again
6. A Story of Perseverance

Teaching Notes

2. You show perseverance when you ...
3. Quotes on Perseverance
4. People who persevered despite handicaps and disabilities
5. Heroes and heroines
6. Put perseverance into action
7. Community service ideas
8. Not so cool ways to cope
9. Cool ways to cope
10. Activities
11. Booklists for Perseverance
12. Perseverance Quotient

The Tortoise and the Hare

by Aesop



A hare once made fun of a tortoise. "What a slow way you have!" he said. "How you creep along!"

"Do I?" said the tortoise. "Try a race with me and I'll beat you."

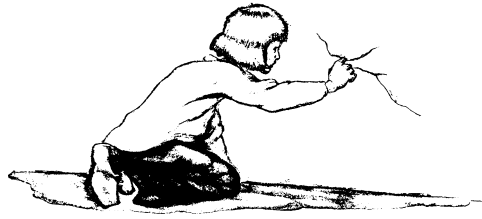
"What a boaster you are," said the hare. "But come! I will race with you. Whom shall we ask to mark off the finish line and see that the race is fair?"

"Let us ask the fox," said the tortoise.

The fox was very wise and fair. He showed them where they were to start, and how far they were to run. The tortoise lost no time. He started out at once and jogged straight on. The hare leaped along swiftly for a few minutes till he had left the tortoise far behind. He knew he could reach the mark very quickly, so he lay down by the road under a shady tree and took a nap. By and by he awoke and remembered the race. He sprang up and ran as fast as he could. But when he reached the mark tortoise was already there!

"Slow and steady wins the race," said the fox.

The Little Hero of Holland



This is the story of boy doing his duty despite pain and loneliness and danger. He is willing to hold on, hold fast, and hold on as long as it takes.

Holland is a country where much of the land lies below sea level. Only great walls called dykes keep the North Sea from rushing in and flooding the land. For centuries the people of Holland have worked to keep the walls strong so that their country will be safe and dry. Even the little children know the dykes must be watched every moment, and that a hole no larger than than your finger can be be a very dangerous thing.

Many years ago there lived in Holland a boy named Peter. Peter's father was one of the men who tended the gates in the dykes, called sluices. He opened and closed the sluices so that ships could pass out of Holland's canals into the great sea.

One afternoon in the early autumn, when Peter was eight years old, his mother called him from his play. "Come, Peter," she said. "I want you to go across the dyke and take these cakes to your friend, the blind man. If you go quickly, and do not stop to play, you will be home again before dark."

The little boy was glad to go on such an errand, and started off with a light heart. He stayed with the poor blind man a little while to tell him about his walk along the dyke and about the sun and the flowers and the ships far out at sea. Then he remembered his mother's wish that he should return before dark, and bidding his friend goodbye, he set out for home. As he walked beside the canal, he noticed how the rains had swollen the waters, and how they beat against the side of the dyke, and he thought of his father's gates.

"I am glad they are so strong," he said to himself. "If they gave way what would become of us? These pretty fields would be covered with water. Father always calls them the 'angry waters.' I suppose he thinks they are angry at him for keeping them out so long."

As he walked along he sometimes stopped to pick the pretty blue flowers that grew beside the road, or to listen to the rabbit's soft tread as they rustled through the grass. He often smiled as he thought of his visit to the poor blind man who had so few pleasures and was always so glad to see him.

Suddenly he noticed that the sun was setting, and that it was growing dark. "Mother will be watching for me," he thought, and he began to run toward home.

Just then he heard a noise. It was the sound of trickling water! He stopped and looked down. There was a small hole in the dyke, through which a tiny stream was flowing. Any child in Holland is frightened at the thought of a leak in the dyke. Peter understood the danger at once. If the water ran through a small hole it would soon make a larger one, and the whole country would be flooded. In a moment he saw what he must do. Throwing away his flowers, he climbed down the side of the dyke and thrust his finger into the tiny hole.

The flowing of the water was stopped!

"Oho!" he said to himself. "The angry waters must stay back now. I can keep them back with my finger. Holland shall not be drowned while I am here."

This was all very well at first, but it soon grew dark and cold. The little fellow shouted and screamed. "Come here; come here," he called. But no one heard him; no one came to help him.

It grew still colder, and his arm ached, and began to grow stiff and numb. He shouted again, "Will no one come? Mother! Mother!"

But his mother had looked anxiously along the dyke road many times since sunset for her little boy, and now she had closed and locked the cottage door, thinking that Peter was spending the night with his blind friend, and that she would scold him in the morning for staying away from home without her permission.

Peter tried to whistle, but his teeth chattered with the cold. He thought of his brother and sister in their warm beds, and of his dear father and mother. "I must not let them be drowned," he thought. "I must stay here until someone comes, if I have to stay all night."

The moon and the stars looked down on the child crouching on a stone on the side of the dyke. His head was bent and his eyes were closed, but he was not asleep, for every now and then he rubbed the hand that was holding back the angry sea.

"I'll stand it somehow," he thought. So he stayed there all night keeping the water out.

Early the next morning a man going to work thought he heard a groan as he walked along the top of the dyke. Looking over the edge, he saw a child clinging to the side of the great wall.

"What's the matter?" he called. "Are you hurt?"

"I'm keeping the water back!" Peter yelled. "Tell them to come quickly!"

The alarm was spread. People came running with shovels, and the hole was soon mended. They carried Peter home to his parents, and before long the whole town knew how he had saved their lives that night. To this day, they have never forgotten the brave little hero of Holland.

Brave Irene

by William Steig



This is the story of a little girl who is determined and courageous. She must deliver a gown to a duchess for her mother who is sick and can not do it herself. Irene braves the bitter weather of a snow storm to get the job done against all odds.

Mrs. Bobbin, the dressmaker, was tired and had a bad headache. but she still managed to sew the last stitches in the gown she was making.

"It's the most beautiful dress in the whole world!" said her daughter, Irene. "The duchess will love it."

"It *is* nice," her mother admitted. "But, dumpling, it's for tonight's ball, and I don't have enough strength to bring it. I feel sick."

"Poor Mama," said Irene. "I can get it there!"

"No, cupcake, I can't let you," said Mrs. Bobbin. "Such a huge package, and it's such a long way to the palace. Besides, it's starting to snow."

"But I *love* the snow," Irene insisted. She coaxed her mother into bed, covered her with two quilts, and added a blanket for her feet. Then she fixed her some tea with lemon and honey and put more wood in the stove.

With great care, Irene took the splendid gown down from the dummy and packed it in a big box with plenty of tissue paper.

"Dress warmly, pudding," her mother called in a weak voice, "and don't forget to button up. It's cold out there and windy."

Irene put on her fleece-lined boots, her red hat and muffler, her heavy coat, and her mittens. She kissed her mother's hot forehead six times, then once again, made sure she was tucked in snugly, and slipped out with the big box, shutting the door firmly behind her.

It really was cold outside, very cold. The wind whirled the falling snow flakes about, this way, that way, and into Irene's squinting face. She set out on the uphill path to Farmer Bennett's sheep pasture.

By the time she got there, the snow was up to her ankles and the wind was worse. It hurried her along and made her stumble. Irene resented this; the box was problem enough. "Easy does it!" she cautioned the wind, leaning back hard against it. By the middle of the pasture, the flakes were falling thicker. Now the wind drove Irene along so rudely she had to hop, skip, and go helter-skeltering over the knobby ground. Cold snow sifted into her boots and chilled her feet. She pushed out her lip and hurried on. This was an important errand.

When she reached Apple Road, the wind decided to put on a show. It ripped branches from trees and flung them about, swept up and scattered the fallen snow, got in front of Irene to keep her moving ahead. Irene turned around and pressed on backwards.

"Go home!" the wind squalled. "Irene . . . go hoooooome . . ."

"I will do no such thing," she snapped. "No such thing, you wicked wind!"

"Go ho - o - ome," the wind yodelled. "GO HO - WO - WOME," it shrieked, "or else." For a short second, Irene wondered if she shouldn't heed the wind's warning. But no! *The gown had to get to the duchess!*

The wind wrestled her for the package - walloped it, twisted it, shook it, snatched at it. But Irene wouldn't yield. "It's my mother's work!" she screamed.

Then - oh, woe! - the box was wrenched from her mittened grasp and sent stumbling along in the snow. Irene went after it. She pounced and took hold, but the ill-tempered wind ripped the box open. The ball gown flounced out and went walzing through the powdered air with tissue-paper attendants. Irene clung to the empty box and watched the beautiful gown disappear.

How could anything so terribly wrong be allowed to happen? Tears froze on her lashes. Her dear mother's hard work, all those days of measuring, cutting, pinning, stitching . . . for *this*? And the poor duchess! Irene decided she would have to trudge on with just the box and explain everything in

person. She went shuffling through the snow. Would her mother understand, she wondered, that it was the wind's fault, not hers? Would the duchess be angry? The wind was howling like a wild animal.

Suddenly Irene stepped in a hole and fell over with a twisted ankle. She blamed on the wind. "Keep quiet!" she scolded. "You've done enough damage already. You've spoiled everything! *Everything!*" The wind swallowed up her words.

She sat in the snow in great pain, afraid she wouldn't be able to go on. But she managed to get to her feet and start moving. It hurt. Home, where she longed to be, where she and her mother could be warm together, was far behind. It's got to be closer to the palace, she thought. But where any place was in all this snow, she couldn't be sure. She ploughed on, dragging furrows with her sore foot. The short winter day was almost done. Am I still going the right way, she wondered. There was no one around to advise her. Whoever else there was in this snow-covered world was far, far away, and safe indoors - even the animals in their burrows. She went plodding on.

Soon night took over. She knew in the dark that the muffled snow was still falling - she could feel it. She was cold and alone in the middle of nowhere. Irene was lost. She had to keep moving. She was hoping she'd come to a house, any house at all, and be taken in. She badly needed to be in someone's arms. The snow was above her knees now. She shoved her way through it, clutching the empty box.

She was asking how long a small person could keep this struggle up, when she realized it was getting lighter. There was a soft glow coming from somewhere below her. She waded toward this glow, and soon was gazing down a long slope at a brightly lit mansion. It had to be the palace! Irene pushed forward with all her strength and - *sloosh! thwump!* - she plunged downward and was buried. She had fallen off a little cliff. Only her hat and the box in her hands stuck out above the snow. Even if she could call for help, no one would hear her. Her body shook. Her teeth chattered. Why not freeze to death, she thought, and let all these troubles end. Why not? She was already buried.

And never see her mother's face again? Her good mother who smelled like fresh-baked bread? In an explosion of fury, she flung her body about to free herself and was finally able to climb up on her knees and look around. How to get down to that glittering palace? As soon as she raised the question she had the answer. She laid the box down and climbed aboard. but it pressed into the snow and stuck. She tried again, and this time, instead of climbing on, she leaped. The box shot

forward, like a sled. The wind raced after Irene but couldn't keep up. In a moment she would be with people again, inside where it was warm. The sled slowed and jerked to a stop on paving stones.

The time had come to break the bad news to the duchess. With the empty box clasped to her chest, Irene strode nervously toward the palace. But then her feet stopped moving and her mouth fell open. She stared. Maybe this was impossible, yet there it was, a little way off and over to the right, hugging the trunk of a tree - the beautiful ball gown! The wind was holding it there.

"Mama!" Irene shouted. "Mama, I found it!"

She managed somehow, despite the wind's meddling, to get the gown off the tree and back in its box. And in another moment she was at the door of the palace. She knocked twice with the big brass knocker. The door opened and she burst in.

She was welcomed by cheering servants and a delirious duchess. They couldn't believe she had come over the mountain in such a storm, all by herself. She had to tell the whole story, every detail. And she did. Then she asked to be taken right back to her sick mother. But it was out of the question, they said; the road that ran around the mountain wouldn't be cleared till morning.

"Don't fret, child," said the duchess. "Your mother is surely sleeping now. We'll get you there first thing tomorrow."

Irene was given a good dinner as she sat by the fire, the moisture steaming off her clothes. The duchess, meanwhile, got into her freshly ironed gown before the guests began arriving in their sleighs.

What a wonderful ball it was! The duchess in her new gown was like a bright star in the sky. Irene in her ordinary dress was radiant. She was swept up into dances by handsome aristocrats, who kept her feet off the floor to spare her ankle. Her mother would enjoy hearing all about it.

Early the next morning, when the snow had long since ceased falling, Mrs. Bobbin woke from a good night's sleep feeling much improved. She hurried about and got a fire going in the cold stove. Then she went to look in on Irene. But Irene's bed was empty! She ran to the window and gazed at the white landscape. No one out there. Snow powder fell from the branch of a tree.

"Where is my child?" Mrs. Bobbin cried. She whipped on her coat to go out and find her. When she pulled the door open, a wall of drift faced her. But peering over it, she could see a horse-drawn sleigh hastening up the path. And seated on the sleigh, between two large footmen, was Irene herself, asleep but smiling.

Would you like to hear the rest? Well, there was a bearded doctor in the back of the sleigh. And the duchess had sent Irene's mother a ginger cake with white icing, some oranges and a pineapple, and spice candy of many flavours, along with a note saying how much she cherished the gown, and what a brave and loving person Irene was. Which, of course, Mrs. Bobbin knew. Better than the duchess.

2. Perseverance

Worksheets

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Part 2

Perseverance



to keep going in spite of obstacles

What is Perseverance?



conscience



positive mind



strong body



Perseverance means to keep going in spite of obstacles.

Once you start something you continue until it is finished. You don't give up. By persevering you succeed and are rewarded. To develop this ability, we need challenges. If life is too easy we don't learn how to overcome difficulties. All successful people have persevered through difficulties and have become stronger as a result.

- * Can you persevere when something is difficult, or boring or you are discouraged?
- * Can you remember being rewarded because you persevered?
- * Can you think of one thing that helps you to persevere?

First, discuss these questions with others. Then sort out the code below to find three things that can help us to persevere

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1)

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3)

☉	♏	♏	♌	♌	♏	♎	☐	✕	☐	☐	●	○	■
a	b	c	d	e	f	g	h	i	j	k	l	m	n
☐	☐	☐	☐	◆	◆	◆	◆	☐	☐	☐			
o	p	q	r	s	t	u	v	w	x	y	z		

No Perseverance



A person with no perseverance gives up easily when there are difficulties. He is dominated by negative thoughts and feelings about himself. He is afraid to try something new, because he might fail.

1) Does this happen to you?

2) Do you know people who give up easily?

3) Do you know why?

4) What advice would you give this boy? Discuss together with others and make a list of suggestions

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Questions to Discuss

1) What would you do If

- * You are in the middle of a hard job and begin to feel tired?
- * You have spent a lot of time practising a sport and you 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?

2) Why should these people persevere?

What would happen if these people didn't persevere? Discuss and write your answers below.

Parent

.....

Fire-fighter

.....

Professional athlete

.....

Teacher

.....

Inventor

.....

Overcoming Difficulties



* What is one thing that is hard for you to persevere with? Why?

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* Write down three ways you can try to persevere.

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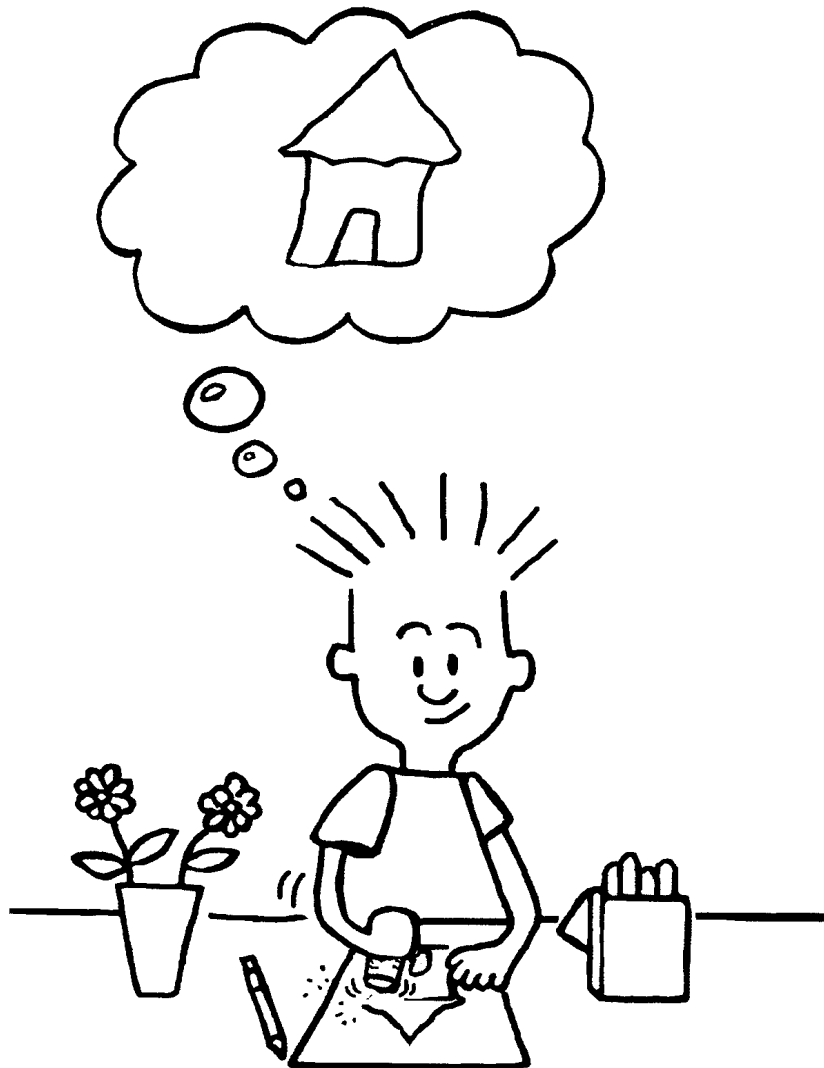
* Which of these jobs do you have to persevere with?

Job	Yes/No
Cleaning my room	
Maths	
Writing	
Helping at home	
Science	
Spelling	
P.E.	
Helping my brother or sister	
reading	
music	
Other:	
Other:	



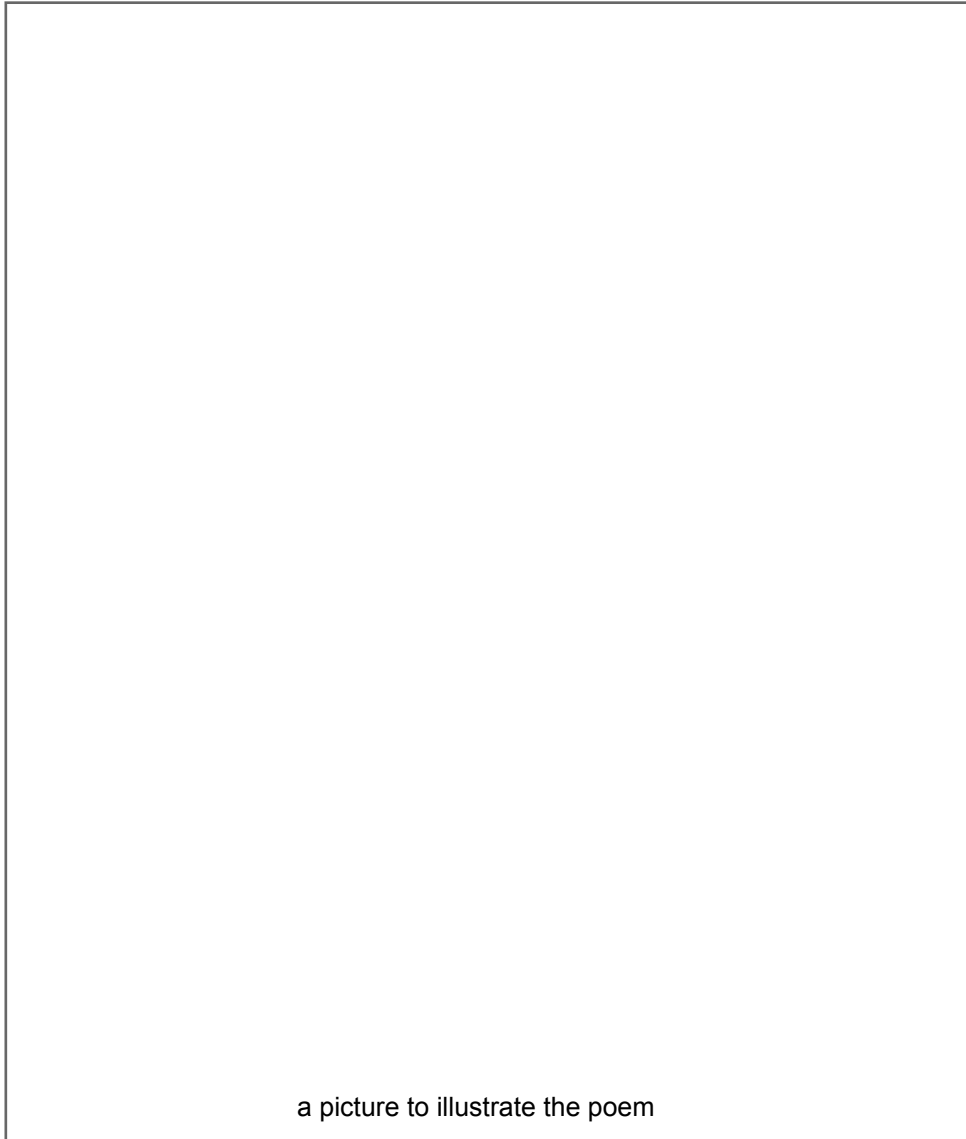
Try, Try Again

'Tis a lesson you should heed,
Try, try again;
If at first you don't succeed,
Try, try again;
Then your courage should appear,
For, if you will persevere,
You will conquer, never fear;
Try, try again.



Learn this poem off by heart

Try, Try Again



'Tis a lesson you should heed,
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2. Perseverance

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1. What is Perseverance?

- * Perseverance is commitment, hard work, patience, endurance.
- * Perseverance is being able to bear difficulties calmly and without complaint.
- * Perseverance is trying again and again.

2. You show perseverance when you ...

- * Give up your tv time to spend hours studying
- * Try a new sport that is very difficult but you don't give up
- * Have a learning disability but keep studying even when discouraged
- * Come from a home where there is fighting and unhappiness but you still try your best
- * Have missed a week of school but you work hard to catch up
- * Are at the end of a difficult race but you cross the finish line
- * Save money and make sacrifices to buy something
- * Spend hours practicing on your music
- * Study and work hard to raise your grade
- * Try out for something you weren't successful at the first time

3. Quotes on Perseverance

- * Failure is the path of least persistence.
- * All things will come round to him who will but wait. (Longfellow)
- * Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily.
- * Work hard and give it your best shot; never be a quitter. (Charley Taylor)
- * Victory belongs to the most persevering. (Napoleon Bonaparte)
- * Hitch your wagon to a star. (Emerson)
- * To persevere, trusting in what hopes he has, is courage to a man. (Euripides)
- * You may be disappointed if you fail, but you are doomed if you don't try. (Beverly Sills)
- * Many strokes overthrow the tallest trees. (John Lyly)

4. People who persevered despite handicaps and disabilities

- * Beethoven (composer) - was deaf
- * Ray Charles (musician) - was blind
- * Thomas Edison (inventor) - had a learning problem
- * Albert Einstein (scientist) - had a learning disability
- * Terry Fox (runner) - is an amputee with cancer
- * Stevie Wonder (musician) - is blind
- * James Earl Jones (actor) - was a stutterer
- * Helen Keller (author) - was deaf and blind
- * Marlee Matlin (actress) - is deaf
- * Franklin D. Roosevelt (president) - was paralyzed from polio
- * Vincent Van Gogh (artist) - was mentally ill
- * Woodrow Wilson (president) - had a learning problem
- * Itzhak Perlman (concert violinist) - was paralyzed from the waist down
- * Stephen Hawking (physicist) - had Lou Gehrig's disease (of the nervous system)

5. Heroes and Heroines

- * Susan B. Anthony was a women's rights activist who spent her entire life working for a constitutional amendment giving women the right to vote.
- * Marie Curie was a physicist who published 32 scientific papers and continued to study sources of radioactivity over many years.
- * Amelia Earhart became famous as the first woman to fly solo across the Atlantic Ocean and as an advocate of aviation and women's rights.
- * Babe Didrikson Zaharias was a great American female athlete who excelled in many sports.
- * Benjamin Franklin was a leading scientist, inventor, publisher, and politician whose persistence, patience, and hard work paid off. He is on our \$100 bill.
- * Wilma Randolph was an Olympics Gold medalist in track who was not able to walk properly as a child.
- * El Chino was the first Chinese matador in Spain.
- * Martin Luther King, Jr. worked very hard to lead the civil rights movement in the 1960's. He withstood prejudice and resistance to change.

6. Put Perseverance into Action

- * When something starts to bother you, wait as long as you can before you express frustration.
- * When something doesn't work right, try again and again.
- * Don't lose your temper when something upsets you.
- * Always finish what you start.
- * Keep working at something that is difficult until you complete it.
- * Don't give up on difficult jobs or situations.
- * Focus on someone or something that ordinarily makes you lose your patience and try to understand it (and don't "lose it").
- * Work a little harder or a few minutes longer on a task that you do not like.

7. Community service ideas

- * Volunteer to work in the library, at a nature center, or in an animal shelter doing tasks that require a great deal of patience and persistence.
- * Organize a campaign to promote good study habits in your school.
- * Help with the recycling project at your school and community.

8. Not so cool ways to cope

- * Escape or avoid your problems.
- * Blame yourself.
- * Blame other people.
- * Blame chance.
- * Blame other things, forces, or powers.

9. Cool ways to cope

- * Face and accept what happens in your life.
- * Express your feelings.

- * Write about your feelings.
- * Get help if you need it.
- * Try to make it better.
- * Take good care of yourself.
- * Learn and grow from your experiences, including the ones that hurt.

10. Activities

- * Write in your journal about difficult situations and how you handled them without giving up.
- * Write a poem about suffering, what you can learn from it, how to face it, how not to hurt others, or anything else about obstacles.
- * Collect stories, poems, diaries, or quotations by writers about persistence.
- * Brainstorm cures for "the blues."
- * Learn what Galileo (a famous astronomer) or other scientist endured with opposition faced during his or her lifetime.
- * Find out what help is there for people who face difficult situations - counselors, psychologists, social workers, psychiatrists, therapists.
- * Create a skit that shows what to do when disaster strikes.
- * Explore the healing power of music.
- * Explore the healing power of exercise.
- * Explore the healing power of pets.
- * Put some extra effort into a project that is difficult and try to improve your skill (like public speaking or learning a dance).

11. Booklists for Perseverance

(From Values Education)

Grades K-3

Tortoise and the Hare - Aesop
 Helen Keller
 The Carrot Seed - Krauss
 El Chino - Say
 John Henry - Lester
 The Little Engine That Could - Piper
 Mirette on the High Wire - McCully
 Wagon Wheels - Brenner
 Wilma Unlimited - Krull
 Alexander and the Terrible, No Good, Very Bad Day - Viorst
 A Chair for My Mother - Williams
 How Many Days to America? - Bunting
 The Little Red Ant and the Great Big Crumb - Climo
 Pancakes for Breakfast - De Paola
 The Wednesday Surprise - Bunting
 Ginger Jumps - Ernst
 The Little Red Hen
 The Ox-Cart Man - Hall
 The Three Little Pigs

The Tortoise and the Jack Rabbit - Lowell
Whistle for Willie - Keats
Snowflake Bentley - Martin
D.W. Flips - Brown
Hugh Can Do - Armstrong
A Little Pig Goes a Long Way - Loehr
Weslandia - Fleischman
Gandhi - Fisher
Mandela - Cooper
Sebastian: a Book About Bach - Winter
Leif's Saga - Hunt

Grades 3-6

The Big Wave - Buck
The Book of Virtues - Bennett
Call It Courage - Sperry
The Cay - Taylor
The Diary of a Young Girl - Frank
Dragonwings - Yep
Island of the Blue Dolphins - O'Dell
Julie of the Wolves - George
Nothing Is Impossible - Potter
Sadako and the Thousand Paper Cranes - Coerr
Sarah Plain and Tall - MacLachlan
Sing Down the Moon - O'Dell
Stone Fox - Gardiner
The Wheel on the School - DeJong
Reach Higher - Pippen
Wizards Hall - Yolen
Holes - Sachar
Hatchet - Paulsen
Weasel - DeFelice
Amelia Writes Again! - Moss
Catherine Called Birdy - Cushman
Ellen Anders On Her Own - Hirsch
Heads or Tails: Stories from the Sixth Grade - Gantos
The Lion and the Unicorn - Hughes
Sky Pioneer: a Photobiography of Amelia Earhart - Szabo

Ronald Morgan Goes to Bat by Patricia Reilly Giff

Ronald is an awkward but enthusiastic baseball beginner who is grateful to be on the team. He has a generous team spirit, and he tries hard to be a good player. Initially discouraged because he cannot hit the ball, Ronald eventually discovers his error (he keeps his eyes shut when he swings at the ball) and he starts to improve.

12. Perseverance Quotient

Perseverance and failure cannot coexist. Failure happens when you quit. When all is said and done, perseverance, commonly referred to as "stick-to-itiveness," is the ultimate success insurance. Nothing can take its place.

Like the old adage of getting up just one more time than you have been knocked down, "Staying with it" applies to so much that is good and healthful in life! From learning to walk to riding a bicycle, our childhood teaches us that failure only occurs when we stop trying. It's a lesson many of us need to revisit in our adulthood. Then we need to consciously apply the techniques and principles that keep us on the "perseverance track."

For example, the world is full of those who "tried" to get a business going. After meeting with difficulty or rejections, they quit. They accepted failure, and faded back into the crowd never to be heard from again. The worst part is not that they quit their business, but that they quit themselves.

Why should succeeding at a business be easier than learning to ski or to play the piano? We are likely to stumble at first. It's part of the learning process. Ultimately, the people who persevere through the stumbling process learn enough to become successful. It's "staying with it" that separates the successful from the "waners." Remember the words of Vince Lombardi, "We never lost a game, we just ran out of time."

Let's examine this valuable, yet elusive character trait, to see how we can enhance our own level of perseverance in life.

How are you currently equipped to persevere in pursuit of your dreams?

Give yourself the following quiz. On a scale of 1 -10, one being not all and 10 being perfect, rate your level on each of these factors that play a key role in your ability to persevere:

1. Self-confidence and self-image (Do you believe in you?)
2. Independence in thought and action (Can you go against the crowd when you know they're wrong?)
3. Clarity of purpose and intensity of passion (Do you really know what you want? How hot is your fire?)
4. Integrity (Do your actions align with your professed beliefs?)
5. Honesty with yourself (Are you willing to acknowledge and address areas about yourself with which you're dissatisfied?)
6. Ability to focus (Do you finish projects you start?)
7. Resilience (Can you bounce back quickly from disappointments?)
8. Adaptability to change in circumstances (Can you quickly adjust to surprises?)
9. Health (How is your stamina? Energy level?)
10. The supportiveness of your family, social and career environment (Do the people who surround you add to, or detract from, your willingness to do what's necessary to achieve your goals?)

Total Score