



Perseverance

What is Perseverance? Perseverance is one of the five tenets of Taekwondo and it means NEVER, NEVER, NEVER GIVE UP

We usually don't persevere because:

1. We think it will take too much work (and it's easier to quit) or you don't have the time
Example: You want to plant a nice garden, but it seems really hard and a lot of time so you give up the idea.
2. We are afraid – afraid we'll fail
Example: You tried out for a special team and you didn't make the team, so you decide not to try out for anything else again.
3. We are not confident enough – we don't think we can do it.
Example: Not wanting to test for our black belt because you don't feel you are good enough even though you have thoroughly practiced
4. We choose something too difficult for us at the time
Example: Losing 20 pounds in a month (you can do it, but not in a month)
5. We tried something similar once before and gave up
Example: You tried building or creating something and it was difficult so you figure you can't make anything.
6. We get too frustrated and quit!
Example: Learning to tie your shoe – it was hard and you got mad and quit

When you practice your perseverance, you need to:

- A. Choose something you would like to succeed in
- B. Think about what you need to do to accomplish your goal
- C. Think about any obstacle / reason you might not succeed (or you think you might not succeed) and try to figure out how you can overcome that problem
- D. Think about how great it will be to succeed
- E. Make a plan, work hard, and NEVER, NEVER, NEVER GIVE UP

STUDENT/PARENT STATEMENTS:

I/my parent has read and I understand what this information on perseverance means.
I HAVE TAKEN THE PERSEVERANCE CHALLENGE!!!

My Challenge: _____

How I did: _____

Student: _____ Parent(s) _____

Directions: Review and discuss these ideas with your child. Guide them in understanding what perseverance is. Suggest ways they can take up the Perseverance Challenge or have them come up with their own ideas. Help check their progress in meeting this challenge. Once they have completed the Challenge, have them turn in this completed sheet.