

EXERCISE: CAPTURE A SUCCESS STORY

Ask your parents, or neighbor, or a friend to tell you about a time when they had to keep trying when they wanted to just give up. What happened in the end? Draw a picture of the story and summarize it with a caption.



EXERCISE: EASY OR HARD

Make a list of things that are easy for you to do. Across from that, make a list of things that are hard for you to do. (Maybe memorizing spelling words, multiplication facts, reading big books, learning a dance, playing music) Discuss this list with your friends. Do they think the same things are simple and difficult? Do you each have different gifts or abilities that make some things easier than for others?

Now pick out something on your difficult list and keep trying to accomplish it until it becomes easy. People who persevere at doing the difficult things are the ones most likely to be successful!

EASY

HARD

Give yourself a trophy.

What have you accomplished in your life that you are most proud of?

I, _____, worked and worked and worked and finally I
(your name)

(your greatest accomplishment....so far....)



FOR THAT I GET THE TROPHY OF HONOR!

HAVE YOU HEARD OF THESE PEOPLE ANSWER KEY: 1.b 2.d 3.e 4.f 5.c 6.a

core life
BUILD YOURSELF STRONG

PERSEVERANCE:

Stick to it!

PER • SE • VER • ANCE

(noun) having the self-discipline to continue a task in spite of many difficulties.

Some people call it "grit." Some call it "stick-to-it-ness." But whatever you call it: if you have what it takes to stay with a challenge until it's solved, you have perseverance! Anything worthwhile tasks effort over time: shooting 3-pointers, singing like a rock star, or learning to ride a unicycle. If at first you don't succeed – try, try again!



I QUIT!

Did you ever get so frustrated with something that you just gave up? That’s pretty common. It happens a lot. When things are hard, it’s easy to quit trying. But always remember: Winners never quit. And quitters never win! In fact, there’s a saying that it’s “darkest just before the dawn.” When things are looking their worst, maybe that means you’re on the verge of a breakthrough! If you just stick with it, persevere, and try one more time, that could be the time you win!

HAVE YOU HEARD OF THESE PEOPLE?

Match the celebrity with the early failure they had to overcome.

- | | |
|-------------------|--|
| 1. Elvis Presley | a. fired from her first television job because she was “unfit for TV.” |
| 2. Dr. Seuss | b. was fired after his first performance at The Grand Ole Opry, the manager suggested he “go back to driving a truck.” |
| 3. Michael Jordan | c. tried to deliver his first comedy routine and was booed off the stage. |
| 4. The Beatles | d. was rejected 27 times before his first book was ever published. |
| 5. Jerry Seinfeld | e. was cut from his high school basketball team. |
| 6. Oprah Winfrey | f. got rejected by multiple record labels, one of which concluded they “had no future in show business.” |

As easy as riding a bike.

Some things seem easy to do now, but they weren’t always that way. Remember learning to ride a bike? Bet you didn’t get it perfectly right the first time. You have to learn to balance, conquer your fear of falling, how to pedal and how to stop AND how to lean with the turn! CRAZY!! It’s a lot to think about and do. Once you try it over and over, your body gets used to it and muscle memory kicks in. Then you can ride

a bike while barely even thinking about it! And your body will most likely remember how to do it the rest of your life. Sweet, eh?

Repetition is key.

It works for learning to knit, learning to spell, or learning to become a concert pianist. Practice. Practice. Practice.

ABE LINCOLN: OVERNIGHT SUCCESS?

When you hear of successful people you might be tempted to think it came easy – or they’re just really lucky. The fact is, it usually takes many years and tons of perseverance. You know all about Abe Lincoln, the country “rail splitter” lawyer who became our 16th president. Do you know the hardship and disappointments he had to face on his way to the White House?

- He failed in business in 1831.
- He campaigned for a seat in the legislature in 1832. And lost.
- He ran for congress in 1843. And lost.
- He ran for the Senate in 1855. Lost.
- He then became the Vice President candidate in 1856. And lost again.
- And then in 1860, Abe Lincoln was elected President of the United States.

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**CAN YOU IMAGINE HOW DIFFERENT
OUR COUNTRY WOULD BE TODAY
IF ABRAHAM LINCOLN DECIDED AT
ANY TIME TO QUIT BECAUSE HE
WAS A “LOSER”?**
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