

MY PERSISTENCE PAYS OFF.

Perseverance is a choice I make each day. I succeed because I am willing to persist. Fast results may feel nice, but major achievements are worth working for. ***I take satisfaction in finishing what I start.*** My goals are too important for me to abandon them. My time is too precious for me to waste.

I remember my motivation. I think about the purpose behind my activities. When I am committed to a project, I want to make the most of my abilities.

I keep things in perspective. ***I stay on track regardless of how I am feeling.***

I welcome setbacks as an opportunity to learn. I make good use of each experience. I evaluate my progress and adjust my plans as needed.

I think about how my actions affect others. I am reliable. I show others that they can trust me not to quit when the going gets rough.

I search for inspiration. I watch how my personal role models refuse to give up. I read about historical figures who accomplished great things because of their determination. I tell myself that if they can do it, so can I.

I encourage myself with positive self-talk.

I take some time off. I can travel further if I rest when I am tired. A strategic break helps me to return to my tasks with more energy and enthusiasm.

Today, I keep on trying. I do what it takes to reach my goals.

SELF-REFLECTION QUESTIONS:

1. What is the relationship between success and perseverance?
2. How does my faith help me to persevere?
3. What is one important thing I would have missed out on if I quit too soon?