



# CSSD LEADERSHIP

## Monthly Worksheet

### SEPTEMBER: PERSEVERANCE

**Perseverance - steadfastness in doing something despite difficulty or delay in achieving success.**

Perseverance is the ability and self-control that pushes you to work through challenges. Having perseverance means that when you are facing a challenge, you use your mind and your body to overcome it. Perseverance means you are able to wait and work through difficulties, whether they have to do with your mind, your body, or your emotions.

It's important to point out that the definition of perseverance is **not** "don't give up no matter what" or "never quit". Sometimes you'll do your best but it will still be time to move on to a different goal. However, perseverance is the ability to do your best toward a goal, even though it's a big challenge.

#### Perseverance Example 1- School:

You're doing school work and it's your hardest subject. Maybe it's a difficult math problem, or a long essay, or maybe you have to stand up in front of the class and present. Whatever it is for you, it's tough. You're struggling. You're not sure you can do it. Maybe you even want to give up. You think about taking the easy way out and just doing the least you have to, even though you know it won't be right.

But you know the work needs to get done and you know you have to do your best work. So you try harder. You stick with it and after some frustration and focus, you do it! You got it done and did it to the best of your ability.

**Defining perseverance:** Perseverance is that drive that helps you keep working even when you want to quit. Why was perseverance important in this example? Because without perseverance, you wouldn't have finished your work, or you wouldn't have done your best work. Without perseverance, your grade would have suffered. Without perseverance you wouldn't have learned what you needed to learn, and that might make the next lesson even harder. If you didn't persevere and do your best work, your teacher might have had you do the whole thing all over again. Perseverance is important to get you through the challenge and because often spending the time and effort when it's needed keeps you from a more difficult outcome later.

#### Why is perseverance important in martial arts?

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Instructor: \_\_\_\_\_ Instructor Signature: \_\_\_\_\_