

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: BUILDING PERSEVERANCE



Have come across challenges lately that left you feeling like giving up on something you want to accomplish? When we push ourselves to keep trying, or persevere, we move towards success.

As Thomas Edison once said, "Many of life's failures are people who did not realize how close they were to success when they gave up." If these individuals had persevered, or continued to try again, they may have reached success. By giving up, they will never know what they could have achieved. However, it takes courage to persist.

With some courage and perseverance, those individuals in the quote may not have given up! We show courage each day by doing things that are new to us or may seem a little scary. We can show courage by not giving up when something becomes difficult. Today you can practice courage by building on your ability to persist in situations.

Practice Courage Today:



1. REMEMBER YOUR "WHY." ASK YOURSELF WHY YOU ARE DOING THIS AND CONNECT WITH THAT REASON AGAIN.
2. TAKE RISKS. THIS PREVENTS YOU FROM LIMITING YOUR POTENTIAL AND GIVES YOU MORE OPPORTUNITIES TO PERSEVERE.
3. FAILURE IS AN OPPORTUNITY FOR GROWTH. REMIND YOURSELF OF THIS TO ENCOURAGE A GROWTH MINDSET. WITH EFFORT, WE CAN LEARN AND IMPROVE.
4. TAKE BREAKS AND REWARD YOURSELF FOR SUCCESS. THIS WILL HELP PREVENT BURNOUT AND ASSURE YOU HAVE THE ENERGY TO CONTINUE TO PERSEVERE.
5. HAVE A SUPPORT SYSTEM. KNOW WHO YOU CAN CALL WHEN YOU ARE FEELING SHAKY AND UNSURE IF YOU CAN CONTINUE. THEY MAY BE ABLE TO HELP REMIND YOU OF YOUR "WHY" AND THE IMPORTANCE OF PERSEVERANCE.



Parent Practice Tip:

Practice building perseverance with your children by teaching them a new activity. For example, teach your child how to use a hula hoop, throw/catch a ball, or try a challenging puzzle.

To Learn More:

Children's Lesson in Perseverance
Parents Teach Perseverance

www.ChooseLoveToThrive.org