



Persistent is sticking with something, continuing on, trying again and again.

### **Someone Who is PERSISTENT...**

- Focuses on doing the small things it takes to achieve big results.
- Pushes past setbacks and mistakes to stay motivated toward a goal.
- Views temporary failures as stepping stones in the big picture of progress.
- Is resilient and determined.

### **Roadblocks**

Doubt, Not Meeting Expectation, Unclear goals

### **Balance with**

- Evaluation (to know if what you're doing is taking you where you want to be or not)
- Visualization (to know where you want to go)

### **Big Ideas**

- Small consistent acts bring about big things.
- Some struggle is part of growth.

**I make big things happen by doing small things.**

**I keep going by focusing on where I want to be.**

**I look for and find the next best step.**

**I keep trying.**

**I am strong. I can do hard things.**

**I AM PERSISTENT**

### **Movies**

- Kung Fu Panda
- Finding Nemo

### **Songs**

- The Climb, Miley Cyrus
- Go the Distance (Hercules)
- Fight Song, Rachel Platten

### **Stories**

- Aw, Nuts! by Rob McClurkan
- The Most Magnificent Thing by Ashley Spires
- Buster by Denise Flemming
- The Farmer by Mark Ludy
- The Wanderer Sharon Creech

### **Tools**

- Result vs Effort Focus
- Break it Down
- Celebrate Successes

### **Challenge**

Take a walk outside and look for evidence in nature of persistence. Try to find at least 5 examples. Share them with someone.

### **Writing/Drawing Prompt**

- How does nature show us the powerful results of small consistent actions?
- What things help you want to keep going even when it's hard?