
Michael Jordan was cut from his high school basketball team and went on to be one of the best players ever. Walt Disney was fired by a newspaper editor because he had, “no good ideas” and who hasn’t been swept away by a Disney movie?! How did they do it? Perseverance! They knew what they wanted and kept at it, constantly doing their best. That is what perseverance means; giving your best--the best **you** can do; getting up after you fall, giving 100% even when you are tired, thinking about and working on that math problem that you think you can’t solve, trying one more time to make that free throw. Perseverance means keeping at it, even when you may feel discouraged. It means if you want to do it you have to **“Think it! Believe it! and Do it!”**

Think It! Make the decision to work at something you really want to do. Think through the steps you will need to take. Write it down. Now you have a plan. Do you want to give a great speech in front of your class? Maybe your plan will be: write a good speech, practice it alone, practice in front of the mirror and practice in front of your family or friends.

Believe It! Your biggest fan and cheerleader is YOU! Tell yourself you can do it and believe in yourself. Visualize, or imagine, yourself successfully doing what it is you want to do—giving that speech, riding your bike, running a mile. Believe in yourself and see yourself doing it. Your mind is a powerful force that can help you achieve what you want to do! Surround yourself with people who also believe in you and can help you when you need it.

Do It! Now it is time to take action. Work through your plan and practice, practice, practice, until you have done your best. Don’t give up! **“Think It! Believe It! Do It!”**

Sometimes you can work and work at something and still not get the results you most want. It’s okay. If you used perseverance and did your best that is what matters most. Also, perseverance **does not** mean being perfect. For example, I love to go bowling. I am good at it. I practice often and use perseverance, but I know, as much as I would like to, I am not going to throw a strike every time I step up to take my turn no matter how hard I work. It’s okay. If I have done my best I know I can be proud.

Try this fun chant to help motivate yourself:

Perseverance, perseverance

I won’t quit!

It might be harder than I thought

But I’ll keep trying, I won’t stop.

Cause perseverance is what I've got

I won't quit! (adapted from an unknown source)