

PERSEVERANCE

If I want a good result, I have to put in the work!!

Hard Work Gets Results

Lesson Summary

Teacher: 30 Minutes

This lesson addresses the quality of Perseverance. Hard work gets results!!

Define it:

Perseverance is not giving up no matter what challenges confront you. It's understanding that hard work gets good results.

Lifting weights, doing calisthenics, or any form of exercise creates tension in our bodies. The result of that tension is muscle formation. When we understand that as we put demands on our physical body, we can become stronger and even more disciplined. That's where Army Bootcamp comes from!! You are challenged to go beyond your limits to become a leader.

Let's Talk About It.

When things happen in life that causes us to feel doubt or anxiety, we can choose to see them as challenges we can overcome. We can look at them as an opportunity to strengthen our minds just like we would lift weights to strengthen our arms or legs! It's the same concept and it works!!



Let's talk about some people who decided to not give up:

Michael Jordan worked hard to become the basketball champion that he is. He took his natural ability and pressed it to new heights by practicing every day early in the morning. What can you do to challenge yourself to go to the next level in school, at home, and in your life?



What Can You Do?

What can you do to challenge yourself to go to the next level in school, at home, and in your life?



Video and Discussion: Perseverance – Denzel Washington – 10-15 Minutes



Student Thoughts on Perseverance



**If I want a good result,
I have to put in the work!!**

What are some ways that you can strengthen your willpower?

If someone offered you a lot of money to strengthen your physical body by working out, would you do it? Why or why not?

Do you know what it means to be mediocre?

What things in your life are you responding to with a mediocre attitude?

What is your plan to change your direction?



After you complete this assignment, take it home to remind yourself.