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PC101 Life Skills

October 22, 2022

Persevering Through

In the *Merriam-Webster.com Dictionary* it defines perseverance as “continued effort to do or achieve something despite difficulties, failure, or opposition.” Perseverance is crucial if we want to achieve the goals we have set for ourselves. If we are to persevere, we must be sure we have things set in place to motivate us to keep going when things get hard. To be able to persevere, we need to remember the purpose behind our goal and use positive self-talk.

First, we need to remember the purpose for which we started our goal. In her September 2022 article called "Perseverance in Psychology: Meaning, Importance, and Activities" from positivepsychology.com, Anna Katharina Schaffner, Ph. D., shared, “Purpose refers to our desire to contribute to making the world a better place and to helping others. It can be a core driving force for passion.” Remembering what our purpose is can remotivate us and drive our passion to keep going. A clear purpose will help us stay focused and persevere when things get difficult.

Second, we need to think positively. In a November 2017 article from 1library.net called "Never Give Up: Perceptions of Perseverance and its Impact on the Life and Academic Success of Nine University Students," author Katrina Griffiths observed that when the students were asked to rate their persistence level, many students found their perseverance was dependent on if they used positive self-talk. She said, “this in turn reflected their level of intrinsic motivation.” If our perseverance is dependent on our attitude, it needs to be a positive one. Positive self-talk can help us to know in our minds that we can persevere.

In conclusion, our purpose can drive our passion to keep going and a positive attitude can keep us motivated. Knowing perseverance is crucial to our success in achieving the goals we set out to do, we need to be ready with tools such as remembering our purpose and using positive self-talk.