



# PERSEVERANCE

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ART OF LIVING

# Definition

- Perseverance is the virtue that allows us to try again and again the path to our goals without
- ever giving up.
- We need to push in order to be virtuous people because virtue is the habit of doing good.
- Habits come to us because we repeat something over and over again, persevering and not giving up at the first difficulty.
- It requires both effort for a task and duration to keep the task up.

# Ways to live this virtue

1. Accept and Anticipate Change

2. Use Your Power of Choice to Liberate You

3. Don't Be Afraid to Ask for Help

4. Be Positive and Laugh When You Can

5. Embrace the Unpredictability of Life

6. Focus on Things That Bring You Joy

7. Don't Let the Past Rule Your Present

## Examples from our day to day lives

ex. If you've decided you're going to run a marathon, and keep training day after day despite how difficult it is to do so, you are persevering.

## Quote

"Success is no accident. It is hard work,  
perseverance, learning, studying, sacrifice and  
most of all, love of what you are doing or  
learning to do."

- Pele



Video





What did you learn from this video?

