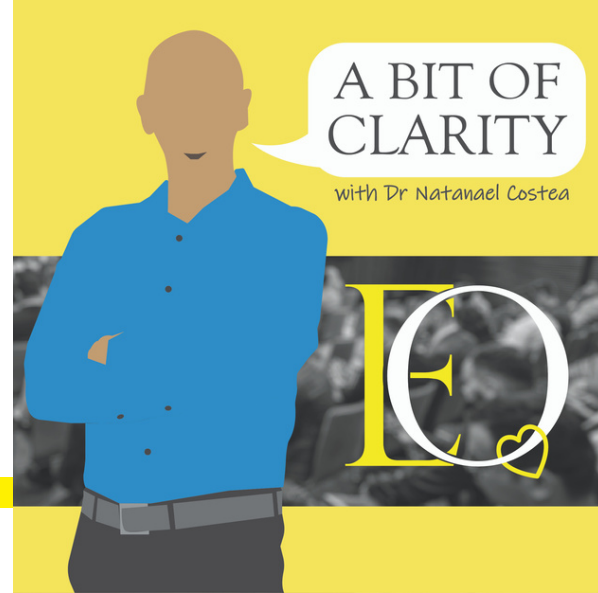


EP 020 PERSEVERANCE



SHOW NOTES

OBJECTIVE

> Develop an understanding of perseverance.

UNDERSTANDING PERSEVERANCE

> **Perseverance** is associated with a **steadfastness** on mastering skills or completing a task; having a **commitment** to learning. Perseverance is the hard work you do after you get tired of doing the hard work you already did. Other terms associated with perseverance include, persistence, tenacity, determination, staying power, resolve, patience, endurance, press on, proceed, stand firm, hold on and keep going.

> **Grit** is a more recent import, much researched by Angela Duckworth, and is defined as the tendency **to sustain interest and effort** towards long term goals. It is associated with self control and deferring short term gratification.

THE KEYS TO PERSEVERANCE

1. **Effort.** Nothing comes easy. It takes intentional effort. It takes going through discomfort, opposition, obstacles and complications. It starts with the end in mind, with long term goals over short term pleasures.
2. **Practice.** It starts with practicing delayed gratification, self regulation and self-control, and keeps going fuelled by passion to achieve the long term goal.

WHY IS IT IMPORTANT?

1. It's the way **we learn**. All forms of learning require perseverance, walking, talking and just about everything else.
2. It's the way **we prioritize** what we value. It puts our values into action, realigning our actions.

IMPROVING PERSEVERANCE

1. **Interest.** Take interest in your passion by following it. Take active interest in developing.
2. **Practice.** Be deliberate in practicing setting new goals, challenging tasks and accepting feedback.
3. **Purpose.** Look beyond yourself for a greater purpose of good and of contribution.
4. **Hope.** Believe that your effort matters and it improves the future.

APPLICATION

> Identify an area in your life where you can improve perseverance and put an action plan for each of the four steps above.

RESOURCES

- > More from Dr Natanael Costea: www.eq.org.au
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