Concepts of Patience and Endurance

**Perseverance** - doing something despite difficulty or delay in achieving success
**Patience** - willingness to wait
**Endurance** - ability to persevere in a task

Perseverance is the hard work you do after you get tired of doing the hard work you already did.

- Newt Gingrich

**SELF REFLECTION CHALLENGE**

Describe someone on your team who has displayed perseverance

What would it be like to run a race wearing a heavy backpack? Or trying to race with your legs tangled in a rope? Would you give up? How would you feel if you accomplished the task?

Describe someone who has displayed patience within your team?

Would you describe yourself as a patient person?

What are some strategies as a team can you develop that will define you as a team of perseverance?

What can YOU do to be considered a person of perseverance?