

ESSAYS: SECOND PLACE

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The Importance of Perseverance

What is the importance of perseverance? Perseverance is vital for achieving goals, developing resilience, and building our character. We need perseverance in our lives because it allows us to overcome obstacles that stand in our way. This allows us to reach our goals! You can achieve a lot by carrying this character trait with you throughout life. Your end goals will reflect on you, and you will be proud of the hard work and steps you have taken to build yourself into a better you. As we step into the unknown, let's find out what steps are needed to build a better future and create more mentally prepared people.

To start our journey, perseverance calls for peace of mind. First, we need to determine our goals. Setting a firm foundation provides us with a sense of direction and motivation. When we set our goals it makes it easier to stay focused during challenging times. What you could incorporate into your goals is prioritizing self-care. Activities such as exercise, meditation, eating healthily, spending quality time in nature, and connecting with our friends and family. This creates a peaceful base that helps us stay focused on what's most relevant. As a result, we are able to maintain a balanced mindset. Setting reasonable goals is essential when setting these objectives. Knowing what you want to accomplish, you are mentally ready to attack and tackle. When you create tasks that are easy to achieve, you can knock them out and this gives you the opportunity to attack more difficult goals. Now that you've reached the more challenging tasks,

you may feel discouraged, but this is where you prioritize your mental health. Take a meditation break every now and then to keep your mind focused, to clear any negative feelings you may be experiencing. That inner drive you get when your mind is clear motivates you striving for better! Even when everything else says quit and give up! Continually following through and exerting your efforts is what keeps you perseverant. Achieve your goals, dreams, and your vision.

While persevering, challenges will occur. Acknowledging that things are getting harder is a wise thing to do. Try to see setbacks as learning opportunities instead of another failure. Remember to be kind to yourself. Avoid self-criticism in difficult times. This causes you to feel down and give up. In some cases, reaching out to a family member or friend can help you forget what was upsetting you. In other words, maybe we should celebrate every wrong moment rather than getting upset over it. Celebrating small victories boosts your confidence. Every problem shouldn't be criticized and abandoned. When you approach the goal again, take it slow and be flexible. Remind yourself why you're pushing this far and why you wanted to do this in the first place. Visualize yourself achieving your goal. You'll feel more motivated. Don't forget to think positively. Push through these hard times to receive a stronger outcome. As an example of perseverance, consider the athlete who trained rigorously despite his injuries. This is a reminder to be patient and give things time to unfold. Make positive use of your disappointments.

As we progress, we will gain self-confidence, self-trust, and resilience. When you are putting yourself together, take a minute to think about your past. When you look back, you will see your trouble spots, and you can think about how to fix those trouble areas. When you build yourself, you need to cultivate a growth mindset and practice self-discipline. With self-discipline, it comes with the ability to concentrate and resist distractions. Procrastination is a huge deal for many people, but you can fix it. With self-discipline it is imperative to create routines and habits that support your goals. This will lead to increased success in various areas of your life. Disciplining yourself can help with time management, prioritizing tasks and meeting deadlines. When you don't procrastinate, you trust yourself more. As opposed to saying, "Hey, I'll do this tomorrow," you may say, "I'll do this now to avoid missing my deadline." This increases confidence. Everyone knows that confidence is essential! Every step in building perseverance is similar to fostering resilience. To continue building resilience, we must follow the 5 C's, Competent, confidence, connection, character, and contribution. In order to build ourselves up, we have to take accountability for our actions, and notice when we are wrong and need to fix things.

While we wrap up this lesson, let's look back at our progress. However difficult your goals became, you managed to accomplish them. While keeping a steady pace to reach the finish line. Congratulations! Now is a good time to celebrate. You finished everything you needed to accomplish, and in the end you kept a positive mindset and a smile on your face. You have grown so much, from when you started to finished. Even when things got difficult and you felt discouraged, you took it easy on yourself, resting, meditating, and possibly eating. You were able to get back on track after taking the time to clear your mind. It's not enough to pack up this

information and forget about it after you reach the finish line. I can assure you that this will be of great help to you in the future. Perseverance can be used everyday, and it is needed for our daily lives. Maintaining self-control and discipline will enable you to create multiple successful experiences. As you reflect on where it has brought you, consider how far it can take you. Constant change requires effort on your part.

We need perseverance to overcome obstacles, learn from our mistakes, and appreciate our accomplishments. Despite the tough times, you have to hold on tight. Just because the wind blows, doesn't mean you have to go. There may be times where others don't agree, or someone else gives up but you don't sit down because you see everyone else sitting down. Stand up and keep your head high. The end result will satisfy you. Remember that self-confidence and trust can help with self-discipline. The more you get things done and don't procrastinate, you'll trust yourself enough to know you won't make excuses for not doing what is needed in that moment. Make small steps before moving on to bigger ones because you'll cause yourself stress if you don't. When you get stressed, take a break. Meditate, eat, exercise, and rest/read a book. Whatever you think will calm your mind, so you can get back on track. Calm and steady paces will also help you stay focused. Remember to be patient with yourself. You're not an expert, and you're still learning, so do not beat yourself down. Now that you've finished, take a good nap, rest your eyes. You've worked so hard to get here; don't give up. Do keep this in mind, it will come in handy in the future. Don't be afraid to acknowledge and learn from your mistakes.

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