



# PERSEVERE WITH PASSION

**“Perseverance is stubbornness with a purpose.”** Josh Shipp

**Perseverance:** steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement (dictionary.com)

**Passion:** a strong or extravagant fondness, enthusiasm, or desire for anything

1. **What other words come to mind when you think of “persevere”?** \_\_\_\_\_

\_\_\_\_\_

**Regarding your work and/or career:**

2. **In what area of your work or career life might you need to persevere with passion?**

\_\_\_\_\_

\_\_\_\_\_

3. **In one of those areas of your work or career, what course of action or purpose requires perseverance for you?**

**Area:** \_\_\_\_\_

**Course of action or purpose in that area that requires perseverance:**

\_\_\_\_\_

\_\_\_\_\_

Perseverance is closely related to persistence. Persistence is often described as the \_\_\_\_\_ to continue pursuing something that is important to you despite obstacles such as:

- unexpected setbacks
- others' resistance
- undeserved criticism
- other priorities
- unrelenting hard work
- other \_\_\_\_\_

4. **What obstacles have you faced in the pursuit of this course of action or purpose?**

\_\_\_\_\_

\_\_\_\_\_

**Regarding your personal life:**

5. **In what areas of your personal life might you need to persevere with passion?**

\_\_\_\_\_

\_\_\_\_\_

6. **In one of those areas of your personal life, what course of action or purpose requires perseverance for you?**

**Area:** \_\_\_\_\_

**Course of action or purpose in that area that requires perseverance:**

\_\_\_\_\_

\_\_\_\_\_

7. **What obstacles have you faced in the pursuit of this course of action or purpose?**

\_\_\_\_\_

\_\_\_\_\_

## TIPS TO IMPROVE YOUR ABILITY TO PERSEVERE WITH PASSION

1. Be willing to \_\_\_\_\_.
2. Understand that one risk is that \_\_\_\_\_.
3. Recognize when your \_\_\_\_\_ has lessened.
4. With practice, perseverance becomes \_\_\_\_\_.
5. Use \_\_\_\_\_ as a way of practicing perseverance.
6. Know who your \_\_\_\_\_ are.
7. \_\_\_\_\_ along the way.
8. Tap into your passion to remember \_\_\_\_\_.
9. Focus on an important \_\_\_\_\_ to improving your ability to persevere:
  - learning opportunities in the process
  - sense of accomplishment
  - improve critical thinking and problem-solving skills
  - growing self-confidence
  - better overall performance in the long run
  - higher self-esteem
  - building momentum
  - willingness to set more meaningful goals
10. Be willing to admit when it's \_\_\_\_\_, not perseverance.
11. Break any \_\_\_\_\_ into bite-sized chunks.
12. \_\_\_\_\_.
13. Be sure your perseverance is about \_\_\_\_\_.
14. \_\_\_\_\_ the results of your perseverance.
15. Expect \_\_\_\_\_ even in the middle.
16. Sometimes, you just need to \_\_\_\_\_.
17. Increase your \_\_\_\_\_ to increase your perseverance potential.
18. You can persevere while \_\_\_\_\_.
19. Surround yourself with \_\_\_\_\_.
20. Reflect on whether the idea of persevering with passion has now become a \_\_\_\_\_.
21. Don't forget to \_\_\_\_\_.

**To continue to persevere with passion in the areas I have noted, I will** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_