

Session #3 Perseverance

Student & Coach Preparation

- Watch this video: [Famous Failures by MotivatingSuccess \(2:58 mins\)](#)
- Be prepared to share a related personal story
- Read through the Quotes and other Perseverance resources (page 3)
 - Choose a quote from the list that resonates with you and be prepared to share in the group why you chose that quote

Purpose of Session

- Understanding the meaning of PERSEVERANCE and the impact it has on success

Agenda (~1-2 hours)

I. Welcome from the Host (include description of host company; ~5 minutes)

II. Check-in (each individual with the whole group) (~ 10 minutes)

1. Introduce yourself: State your Name, School/Company, Sport.
2. State your mindset coming into the meeting (share something about your day, or recent happenings in your life).
3. Prepare to be in this moment, engaging and listening to others.

III. Quick Review of Handshake America's Five Practices of Success (page 4/5) (~5 minutes)

IV. Personal Story Teller (e.g. Coach, Host, or Guest Speaker) (~15 minutes)

1. Share their background: Who are they, where are they from, what do they do, etc.
2. Share a personal story or two of pivotal times in their life, personally or professionally.
3. Share adversity faced on their pathway to success and how they overcame it. Share what kept them going.

V. Activity (page 6) (~20 minutes)

VI. Discussion (page 7) (~20 minutes)

VII. Quotes (page 3) (~15 minutes)

1. Take 5 minutes by yourself to review the Quotes on page 3, Perseverance Resources.
2. Privately write your favorite quote down on a piece of paper and give to the facilitator who will gather everyone's favorite quote.
3. Once all favorites are turned in, share the quote you chose with the team and why you chose it.
4. Did everyone chose the same quote or different quotes?

VIII. Announcements (~ 5 minutes)

1. Announce any key accomplishments that have recently occurred amongst anyone present.
2. Remind students about Special Scholarship opportunities that may be available toward the end of the year. There may be one specifically for Perseverance. Be thinking about your practice of Perseverance and how it impacts success in you and others.
3. Other Handshake America announcements (from President or Handshake America office).

IV. Check-out (either in pairs or with the whole group) (~10 minutes)

1. What's one thing you took away from this session?
2. Do you have room to improve your Perseverance?
3. How could you apply what you've learned into your daily life in order to practice Perseverance?

Perseverance Resources

VIDEOS

1. GRIT: The power of passion and perseverance - Angela Duckworth TED Talk (6:06)
2. Famous Failures by MotivatingSuccess (2:58)
3. Ben Watson Tackles Champ Bailey (3:31)
4. Rudy Movie Clip – Fortune’s Truth (2:42)

STORIES/RESEARCH (found via Google search)

1. The poem Can’t by Edgar Guest
2. Winston Churchill’s 6/4/40 speech to Parliament ‘We Shall Fight in the Fields and in the Streets’
3. Green Eggs and Ham by Dr. Seuss
4. Malcom Gladwell’s 10,000 Hour Rule

QUOTES

1. **Perseverance is the ability to resist temptation and stay the course; you do not give up!** – *John Wooden, College Basketball Coach*
2. **There are no shortcuts in life!** – *Henry Aaron, Hall of Fame Baseball Player to the 2015 Handshake America Students*
3. **The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied** – *King Solomon, Proverb 13:4*
4. **I’m not a failure because I didn’t succeed, I’m a failure because I didn’t try** – fictional character Kev Twine character from TV Series Derek
5. **Can’t is the father of feeble endeavor, the parent of terror and halfhearted work** – Edgar Guest, American Poet
6. **When you learn to keep fighting in the face of potential failure, it gives you a larger skill set to do what you want to do** – *Patricia Summitt, College Basketball Coach*
7. **”Hang in there!” is sound advice for anyone intent on doing good in the world** – *William Bennett, Author of ‘The Book of Virtues’*
8. **If you could kick the person in the pants responsible for most of your trouble, you wouldn’t sit for a month** – *Theodore Roosevelt, US President*
9. **If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward** – *Martin Luther King, Civil Rights Leader*
10. **At various points we get knocked down. If we stay down, grit loses; if we get up, grit wins** – *Angela Duckworth, Author of ‘Grit’*

Review of The Five Practices of Success

PERSEVERANCE – is about not giving up. It's more about stamina than intensity. It's not just about working incredibly hard but staying the course, resisting temptation and recognizing there are no short-cuts in life. It's being tough, strong, determined, courageous, and resolved. It's realizing that life is not about going undefeated, but about learning from setbacks and bouncing back. *Perseverance comes from your gut. How do we coach it?* By standing by them, with them, and behind them; by being coaches and "cheerleaders", and by witness of our own example.

PASSION – is a steady feeling of enthusiasm in doing something. It's waking up thinking of questions you fell asleep thinking about. You stay pointed in the same direction, eager to move forward and devoting your limited time and efforts toward it. *Passion comes from your heart. How do we coach it?* By challenging them to keep discovering and exploring different interests. As with all matters of the heart, they'll know it when they find it.

PASSION + PERSEVERANCE = GRIT = The key attribute for being a part of Handshake America.

POSITIVITY – is a wide range of positive emotions – not just being happy. It's an optimistic attitude that triggers positive emotions, open minds, and relaxed limbs. Like negativity, it has a long-term impact on your character, relationships, communities, environment, and personal trajectory – and it shapes our souls. *Positivity comes from your mind. How do we coach it?* By helping them realize that it's a choice and a tough mental practice. They will begin to recognize how a positive mindset makes people stronger and more effective.

PEOPLE – is knowing that you're significantly influenced by the people around you. Good people bring you up and bad people bring you down. It includes who you choose to admire, read, watch, and listen to. It's knowing the difference between 'real' friends and 'counterfeit' ones. It's also being a good friend, family member, and teammate. *People are those who surround you. How do we coach it?* By being an excellent example of what a good friend/coach looks and acts like. Staying committed despite adversity, giving more than what is expected, and inciting others to higher levels.

PRESENCE – is the poise and confidence that is the natural result of the other Practices. It's being comfortable in your own skin and not trying to be someone else. It comes from knowing that you're doing the right things and you're prepared. It includes a firm handshake, combed hair, speaking clearly, good posture, arriving early, making conversation and sending 'thank you' notes. It's also being respected by others. *Presence is the total package. How do we coach it?* First show them how much you care, then provide specific instruction. The truth may be uncomfortable, but if their coach doesn't tell them, who will?

Doug Probst - February 2019

Credits: John Wooden/Lifetime of Observations and Reflections On and Off the Court; William J. Bennett/Book of Virtues; Henry Aaron/Speech to Handshake Students; Angela Duckworth/Grit: The Power of Passion & Perseverance; Walter Isaacson/Steve Jobs: A Biography; Barbara Fredrickson, PhD/Positivity: Top Notch Research Reveals the Upward Spiral That Will Change Your Life

Bringing it altogether...

YOU will reveal your grit with your **perseverance** to get through the tough times while you're figuring out what your **passions** are that are driving that determination.

You will inspire people with your **positive** mental attitude; you will surround yourself and associate with good **people** and begin to identify and separate yourself from the bad ones.

You will continue these practices, and because you are “coachable”, you will continue to benefit from being “coached”, learn from your experiences, and keep getting better, and better, and better. You will continue to develop and consequently have more poise and confidence every day because you know deep inside that you're doing the right things.

And with these virtues you'll ultimately have a **presence** that will not just be noticed when you walk into a room but, more importantly, you'll be more appreciated and respected by people when they get to know you, work with you, and live with you.

For if you continue to practice the 5Ps we discuss over the year you will experience *success*. *And you how you'll know it?* You'll know it because the people who know you the best, love and respect you the most – and you will be living with no regrets because you've done your very best.

PERSEVERANCE | PASSION | POSITIVITY | PEOPLE | PRESENCE

Paper Scraper Minute to Win It

Paper Scraper is an intense and super-fun challenge that takes the tradition of building houses of cards and amps it up a bit. The goal is to build a 10-story house using just index cards within a minute. The set-up is a little bit complicated, since some of the paper needs to be folded first, but the fun is worth the preparation. Watch the video to see how: <https://youtu.be/61mt6gvWcLY>.

What You Need:

- 2 sets of 30 Index Cards and table space

How to Play:

1. In preparation for the game, 20 of the index cards should be folded in half to create a crease down the center. The index cards are then placed on the table next to the player.
2. When the clock starts, the player begins to build the tower using 2 of the bent cards and 1 flat card for each story. The player must build a 10-story tower before the minute is up in order to complete and win the challenge.
3. Split into six teams. If the person on your team was the first or second to arrive to the session, your team automatically gets to be Team 1 or Team 2 thereby getting a bye in the first round.
4. Select a player from your team to compete in a round. Follow the bracket below. Winning team gets bragging rights and their picture should be sent to students@handshakeamerica.org to possibly be posted on social media.

Paper Scraper Minute to Win It Bracket



Perseverance Discussion Prompts

1. What questions do you have for the speaker? Is there something in his/her story you could relate to? Which of the The Five Practices did you 'hear' in the the speaker's story?
2. How would you summarize the message from the assigned video: [Famous Failures by MotivatingSuccess \(2:58\)](#)?
3. Share an experience (or story) that *you* have that illustrates PERSEVERANCE?
4. How do you describe PERSEVERANCE in your own words? What is similar about the responses with your teammates?
5. Why is PERSEVERANCE important for success in sports, career, and in life?
6. Why do you think Handshake America has PERSEVERANCE as the first Practice?
7. What's another word associated with people who have PERSEVERANCE? Are they all good words?
8. Do you learn more from a record of 10-0 or a record of 6-4? Why?
9. "Hang in there!" Why is this such a common expression of encouragement?
10. If you reviewed any of the other videos or stories, what are your takeaways?
11. How does being a student-athlete teach you PERSEVERANCE?
12. How can you develop and/or improve PERSEVERANCE?