

NAME: _____
POWER WORDS FOR LIFE

Green Belt: PERSEVERANCE

Definition of PERSEVERANCE:

*List at least 3 things you have used PERSEVERANCE to get through.
(Example: I had to work for many weeks to learn my jumping back kick
but I didn't stop until I was comfortable with it.)*

1.

2.

3.

*List at least 3 ways that you have witnessed PERSEVERANCE in other
people.
(Example: I watched my friend practice for six months to prepare for her
black belt test and she never complained.)*

1.

2.

3.

Explain why PERSEVERANCE is important in our lives.