

THESIS: There are several key factors that play a part in perseverance; personal responsibility, self control, and determination.

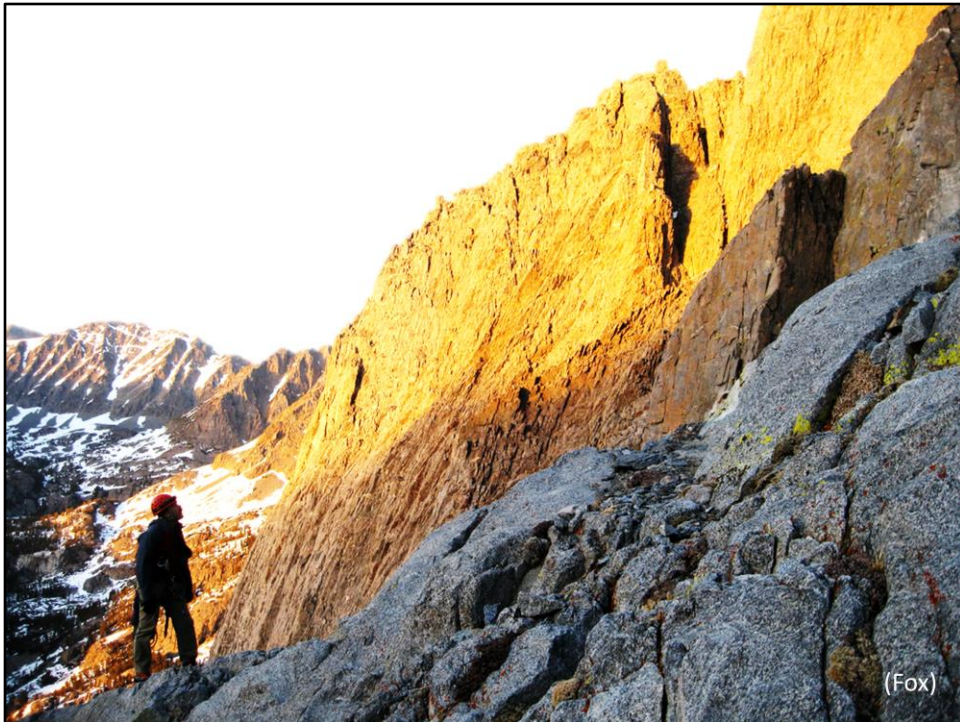
Audience Analysis: Perseverance is a very important and relevant trait to emphasize, especially to procrastination-prone students. Students are constantly using (or not using) perseverance to do their best in school, sports, and other activities. I wanted to show how important perseverance is in achieving goals.



- I. Introduction
 - A. Hook: Forest trail.



B. Mountain. What do you do? Turn around? Stall, try to find a way around it? Start climbing? Get stuck or persevere?



B cont. Crucial trait, used everyday. Definition: The dictionary will tell you that perseverance is steady persistence in a course of action, a purpose, or a state especially in spite of difficulties, obstacles or discouragement. (Perseverance)
Examples. Get done what you need to get done.

C. THESIS: There are several key factors that all play a part in perseverance; motivation, self control, and determination.

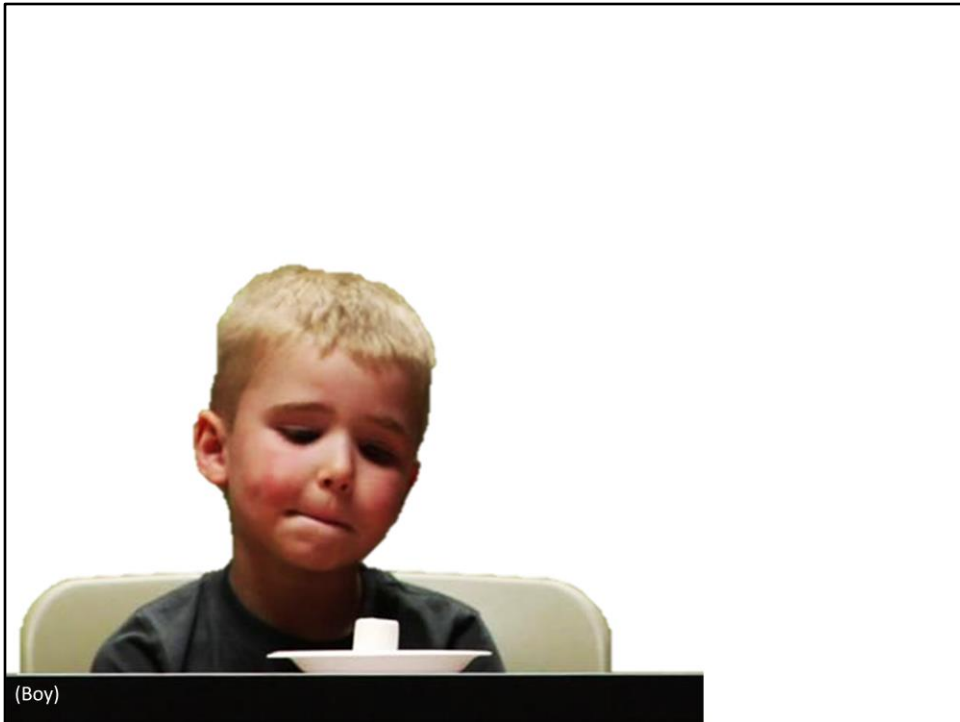


II. Motivation

A. Before you start climbing, preparation necessary. Mental preparation, motivation. Stay focused on end goal.

B. The University of Iowa writes, "Motivation is the combination of desire, values, and beliefs that drives you to take action...if you consider something important and assign value to it, you are more likely to do the work it takes to attain the goal. When motivation originates from an internal source and is combined with a realistic goal and circumstance, the odds of a good outcome are greatly increased." (Motivation)

C. Have set goal in mind. Michael Jordan, one of the greatest basketball players of all time, writes this in his book, I Can't Accept Not Trying, "I approach everything step by step....I had always set short-term goals. When I got cut from the varsity team as a sophomore in high school, I learned something...I set a goal of becoming a starter on the varsity. That's what I focused on all summer. When it happened, I set another goal, a reasonable, manageable goal that I could realistically achieve if I worked hard enough....I guess I approached it with the end in mind. I knew exactly where I wanted to go, and I focused on getting there." (Michael)



III. Self Control

A. Key tool to persevere. Willpower, focus and ignore distractions or temptations

B. Article "The Secret to Success", Michael Bond references a well-known experiment conducted in the 1960s by the psychologist Walter Mischel. (describe marshmallow experiment). Bond writes, "Years later, Mischel discovered that the children who had managed to wait did better at high school than those who had succumbed to temptation. As adults, those able to delay gratification were also more popular with their peers, less likely to be overweight and earned higher salaries." (Bond)

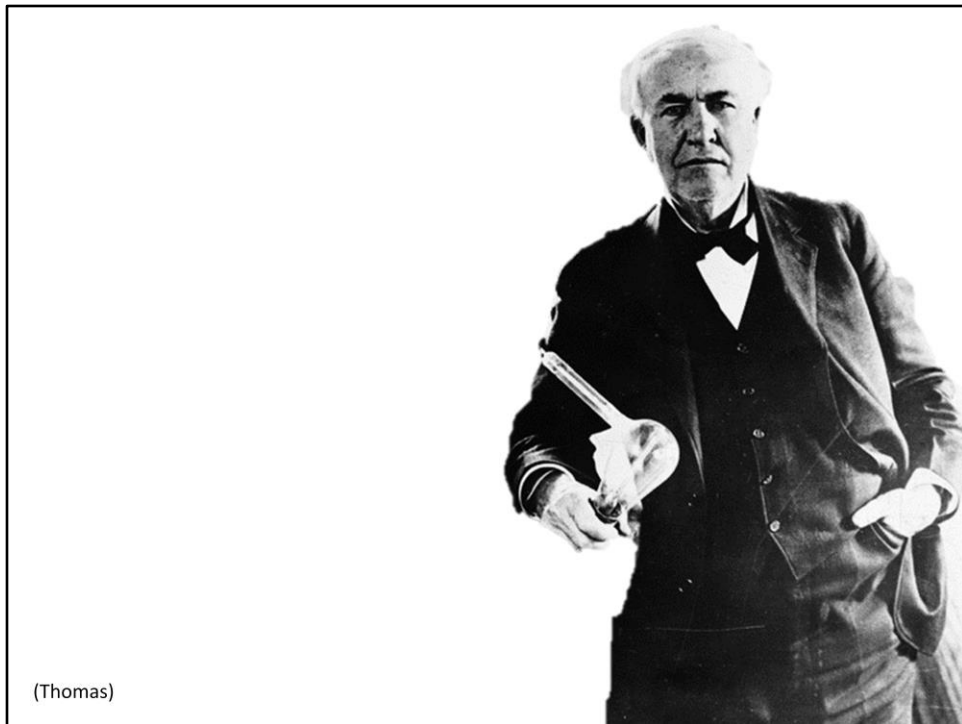
C. Emphasizes importance. Ignore temptations; strong self control and willpower; more likely to achieve your goal. Easy to give in, easy but fleeting reward. Ones who persevered glad that they did.



(LaurMG)

IV. Determination

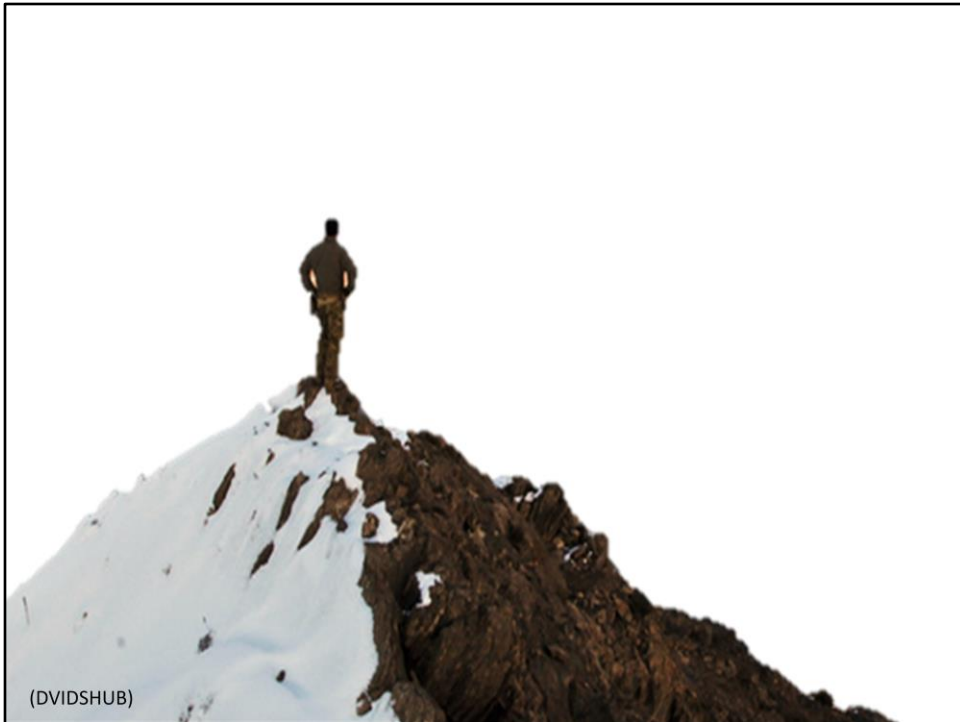
A. Last thing to conquer mountain. (show picture, have you ever felt like this?)
Sticking with it, despite difficulty or even failure.



B. Light bulb. Thomas Edison. According to Lemelson Center's senior historian Joyce Bedi, 40,000 pages of notes, 1,600 different materials, and countless hours to find the right filament. (Bedi)

What if he had given up?

C. Crucial part of perseverance. Guaranteed opposition or difficulty (examples)
Perseverant person's response to these obstacles. Difficulty and failure is not always a bad thing. In the words of Henry Ford, "*Failure is only the opportunity to begin again, this time more intelligently.*" (Henry)



V. Conclusion

A. THESIS

B. Review

1. Motivation

2. Self Control

3. Determination

C. Hook (mountain)

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