

Endurance:

the inward strength to withstand stress and do my best

You can do it!

Endurance *n* 1: the capacity for bearing up under hardship 2: the state or power of lasting; continuing existence

Endurance is not a rough, hard-footed external expression. It is an inner quality of firm resolve. Endurance enables a person to weather the storms of life and press forward in the right way.

Endurance is a quality with a firm grip. It has little to do with physical strength: a tenacious individual or company will often outwork and thus overcome a much larger competitor. Endurance is hanging on with conviction.

Endurance is a quality that inspires us. In the face of incredible obstacles, endurance persists one day at a

time and achieves the impossible. But endurance is not the exclusive claim of explorers and pioneers: it is a quality exhibited by entrepreneurs, nurses, consultants, stock brokers, machinists, teachers, parents, and others from all walks of life. It is a quality of human character to be admired in others and developed in ourselves.

Endurance is facing a great weight with keeping in mind that you can handle it. As you visualize the whole problem looming before you at once, it may be more than you think you can bear. But perhaps you can take it in measured steps, spreading out its force over realistic degrees.

“The habit of persistence is the habit of victory”

- Herbert Kaufman

“Endurance is nobler than strength, and patience than beauty.”

(Ruskin)

“I can't do it' never yet accomplished anything.”

(George Burnham)

“Not what you endure, but how you endure, is important.”

(Seneca)

“A just man falleth seven times and riseth up again.”

(Hebrew Proverb)

**endurance
vs.
discouragement**

endurance is:

- * not being a “quitter”
- * accepting both instruction and correction
- * not wasting my time, energy, and talent on meaningless pursuits
- * bending instead of breaking
- * putting my whole heart into everything I do

Keep Hope Alive!



Few attitudes are as crippling as discouragement.

Discouragement weighs down the heart, and continued discouragement compounds itself, darkens the mind, and weakens the body. Realistically, we all face discouragement, but we cannot afford to let discouragement reign over our hearts. Life must burn with the fire of hope.

Discouragement results when one tries to emotionally bear the whole load at once, when in reality you have no choice but to address the situation step by step.

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Please welcome Cindy Patton as the new Topeka City of Character Coordinator!

“The habit of
persistence is the
habit of victory.”
- Herbert Kaufman

“Being defeated is
often a temporary
position. Giving up
is what makes it
permanent.”
- Marilyn vos Savant

Unscramble the tiles below to
figure out the hidden phrase for
endurance!

N	D	T	R	E	D	D	O	M	N	G	T	E	S	S	S	T	R	W	A	R
A	N	I	T	H	O	W	S	T	A	E	S	T	H	T	Y	B	D	S		
I	N	T	H	E																

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Good character is the key to success!