

This week's Virtue of the Week will be **DETERMINATION**.

Monday: WHAT IS DETERMINATION?

Determination is focusing your energy and efforts on a task and then sticking with it until it is finished. Determination is using your will power to do something when it isn't easy. You are determined to meet your goals. Even when it is really hard, or you are being tested, you still keep going.

*Daily Reflective Question(s)

Tuesday: WHY PRACTICE DETERMINATION?

Without determination, things don't get done. People give up easily and don't ask for help when they need it. With determination, even the hardest task becomes a challenge we are willing to accept. We do things that matter in the world. With determination, we can make our dreams come true.

*Daily Reflective Question(s)

Wednesday: HOW DO YOU PRACTICE DETERMINATION?

Decide what is important to you. Then use your will power to make it happen. Finish what you start. If obstacles come up, deal with them, and get back on track. If you get discouraged or distracted, remember your goal. Ask yourself "What do I need?" then start again. It feels good to meet your goals.

*Daily Reflective Question(s)

Thursday: SIGNS OF SUCCESS

Congratulations! You are practicing Determination when you...

- Believe what you are doing is important
- Set goals for yourself
- Focus your attention on what you are doing
- Resist being distracted
- Keep going if it gets difficult
- Ask for help when you need it
- Finish what you start

*Daily Reflective Question(s)

Friday: AFFIRMATION

I am determined. I set goals and keep going until I achieve them. I get things done. I stay on purpose.

*Daily Reflective Question(s)

Daily Reflective Questions:

What would Determination look like if...

- You are trying to learn to ride a bike?
- You are doing a really hard homework assignment and it is due tomorrow?
- You are building a model for your Dad's birthday and it gets complicated?
- You want to become good at a sport or art?
- You decide to work on a new virtue and keep slipping into your old habits?
- You are doing a job for your mother and TV distracts you?

Name a character from a book who succeeded because of his or her determination.

Name a historical figure who showed great determination. (Examples: Helen Keller, Albert Einstein)

What would it be like to play a sport without determination? With determination?

When have you needed the most determination?

What is your biggest distraction? What helps you to resist it?

Name three of your personal goals in life.

Everybody Smiles in the Same Language