

# And So Can You: The Power of Perseverance

There are many benefits to perseverance. When you persevere, you:

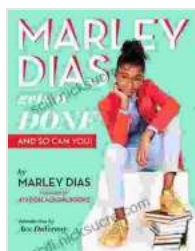
- **Become more resilient.** When you face challenges and overcome them, you become more resilient. You learn how to bounce back from setbacks and keep moving forward.
- **Develop a growth mindset.** When you persevere, you develop a growth mindset. You learn that you are capable of more than you thought you were.
- **Increase your self-confidence.** When you persevere and achieve your goals, you increase your self-confidence. You learn that you are capable of anything you set your mind to.
- **Inspire others.** When you persevere, you inspire others to do the same. You show them that it is possible to overcome challenges and achieve their dreams.

If you want to develop the power of perseverance, there are a few things you can do:

- **Set realistic goals.** When you set realistic goals, you are more likely to achieve them. This will give you a sense of accomplishment and motivate you to keep going.
- **Break down your goals into smaller steps.** If your goal seems too daunting, break it down into smaller, more manageable steps. This will make it seem less overwhelming and more achievable.

- **Focus on the process, not the outcome.** When you focus on the process, you are less likely to get discouraged if you don't achieve your goal right away. Just keep taking one step at a time and you will eventually reach your destination.
- **Don't be afraid to ask for help.** If you are struggling to persevere, don't be afraid to ask for help from friends, family, or a mentor. They can offer support and encouragement when you need it most.
- **Celebrate your successes.** When you achieve a goal, take the time to celebrate your success. This will help you stay motivated and keep you moving forward.

Perseverance is a powerful force that can help you achieve anything you set your mind to. If you can find the strength to persevere, you will be amazed at what you can achieve. So never give up on your dreams. And so can you.



### Marley Dias Gets It Done: And So Can You! by Marley Dias

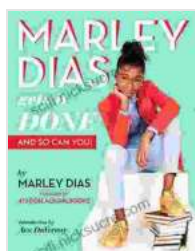
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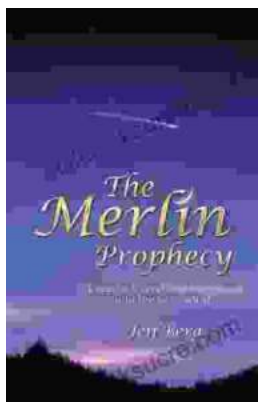
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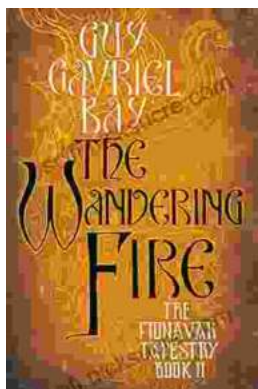
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