

# Don't Give Up!

*Resilience* means not giving up, even when something is hard. It means trying again after you mess up or moving forward when bad things happen.

THINK OF A TIME WHEN YOU WANTED TO GIVE UP BUT DIDN'T!

Write your story here:

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What I was learning:



Why I'm glad I didn't give up:



Mark how you felt about your goal when it was hard in one color.  
Mark how you feel about it now in a different color.




Confused




Disappointed




Hopeful




Mad




Grateful




Determined




Proud




Excited



