



DARE to Succeed

Diligence - Persevering determination to perform a task.

Attitude - Positive mental state involving beliefs and feelings and values.

Respect - Courteous expression of esteem or regard.

Enthusiasm - Feeling of excitement, to be inspired, love what you do.

DILIGENCE: *constant and earnest effort to accomplish what is undertaken; persistent exertion of body or mind. characterized by steady, earnest, and energetic effort*

Imagine what life would be like if we approached each important task with discipline and focus. What if we always did our best and if we persevered even when things became difficult or discouraging?

The first step toward achieving success is DILIGENCE. A lazy farmer can't expect a great harvest anymore than a slothful miner can expect to find gold. An idle student can't expect top academic grades anymore than a lazy pianist can expect to reach the concert stage. If people want to prosper in the things they do, they must exercise diligence.

People who engage their whole hearts in their work are more likely to prosper, while those who leave half their hearts behind when they go to work are almost sure to fail. Diligent people do not work simply to get a paycheck. Their minds and words are not centered on what they're going to do after work (practice), this weekend, or this summer. They work because they sincerely want to be the best they can be. They actually work with all their hearts.

Diligence exercises itself with three other character traits: perseverance, determination, and commitment. A swimmer may fail at first; he or she may find a block in learning a certain concept or technique. But the excellent swimmer will say, "There has to be a way. I am determined to get results. I am committed to changing for the better." Then that person will invest more time and energy to be an effective swimmer.

Building diligence takes time, but it is worth every minute we spend on it. The exercise of diligence shows, in every area of life, the degree of character we really have. Diligence is so much more than hard working. Its about being able to put the effort into all you do, so you can be pleased with the result.

A diligent person is one who will work hard, make an effort, accept the best help on hand, share the load, work as a teamwhatever it takes to be proud of their accomplishment

Diligence is not all about work. Diligence is about the effort you put in to whatever task you set yourself. Diligence means being able to focus, concentrate and complete the task at hand efficiently. It is an essential skill in your studies and sport, but can also be applied in all aspects of life.

How diligent are you? For each of the behaviors listed below, evaluate yourself:

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| a. I always do my best; I strive for excellence. | Always - Usually - Sometimes - Rarely - Never |
| b. I am willing to risk failure to accomplish a higher goal. | Always - Usually - Sometimes - Rarely - Never |
| c. I am self-disciplined. | Always - Usually - Sometimes - Rarely - Never |
| d. I learn from my mistakes and failures. | Always - Usually - Sometimes - Rarely - Never |
| e. I look at the big picture; I think long-term. | Always - Usually - Sometimes - Rarely - Never |
| f. I set goals and stay focused. | Always - Usually - Sometimes - Rarely - Never |
| g. I don't give up just because things seem difficult. | Always - Usually - Sometimes - Rarely - Never |
| h. I don't leave things unfinished. | Always - Usually - Sometimes - Rarely - Never |
| i. I don't procrastinate. | Always - Usually - Sometimes - Rarely - Never |

How can we learn the art of Diligence?

1. Identify the task at hand. You need to know what you want to do and what has to be accomplished. If it really needs to be done, like studying for a test or writing a paper for school, push back other less important appointments to complete this. Diligent also means being persistent in completing the task at hand. Set out a period of time, write down when you will do it and stick to it.
2. Cut back unnecessary time on the net or talking on the phone, or watching reruns of your favorite television program. This is time wasting and is just holding you back from completing your goals.
3. Realize how important it is to do well in school and in your sport. If your aim is to get into college, you really need to study hard. Diligence is vital in performing well in your studies or in sports. It means more than just hard-working. You need to organize your time and use it efficiently. Time is so important. You need to set out a certain time and a certain amount of time to do your homework and your training.

How can I use Diligence to improve my swimming?

(example: By being diligent with my homework and studying I am able to make all of my practices.)
