

# Stomp Out Giving Up



Most people have experienced a time where they've felt like giving up. Giving up sometimes may feel like it is the only option. However, giving up is not ok, it is also showing a fixed mindset versus a growth mindset. It is ok to feel like giving up but it is important to persevere.

Sometimes individuals give up when something doesn't come quickly enough, but instant success rarely happens and most successful people have learned to persevere instead and work to harder, despite having the feeling that they want to give up. Overnight success is rare, success comes with a journey of persevering and putting in a solid effort. Therefore, when the going gets tough, keep going!

## **The task:**

*Write about a time where you refused to give up. What kept you going? What was the outcome? What would have happened if you did give up?*