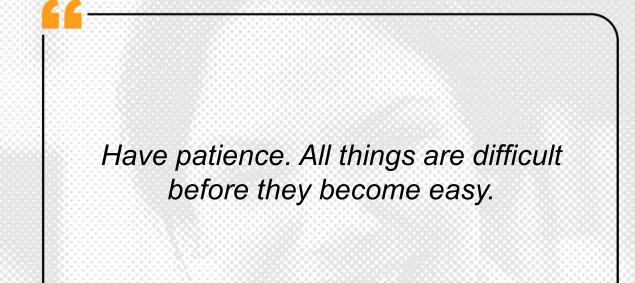




#### WHAT IS PATIENCE?

#### Taking the time necessary to work through a difficult situation







Saadi

## **1. COOL DOWN**

When you face difficulty, remember you can't control every situation, but you can control your attitude and response.



### **2. GET PERSPECTIVE**

A patient person understands the passing nature of life's peaks and valleys.



#### **3. BE PRODUCTIVE**

# When forced to wait, find something useful to do.



### **DISCUSSION STARTERS**

- 1. How do you stay calm and focused when you face a difficult situation? How does this help you find a solution?
- 2. How can always expecting instant results cause frustration?
- 3. How do you keep a positive attitude when you're tired or ready to quit?



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