



**THEME FOR THE MONTH OF MAY
"TENACITY"**

from

VARA Youth Coordinator, Alex Krebs



Thanks to this month's sponsor, Lori Ford Custom Outdoor Gear.

TENACITY



Tenacity goes hand in hand with last month's focus on Persistence. Tenacity is defined as "persistent determination". It is considered a good character trait since a tenacious character will achieve a goal they set despite any difficulties encountered while achieving that goal. Tenacious people commit to three things.

- **First**, they take personal responsibility for their success. They are willing to do the things necessary to succeed.
- **Second**, tenacious people set high goals - and then do whatever it takes to achieve them.
- **Third**, tenacious people know stuff happens as they go through life. They realize they will encounter many problems and setbacks.

Tenacious people choose to react positively to the negative stuff and move forward toward their goals.

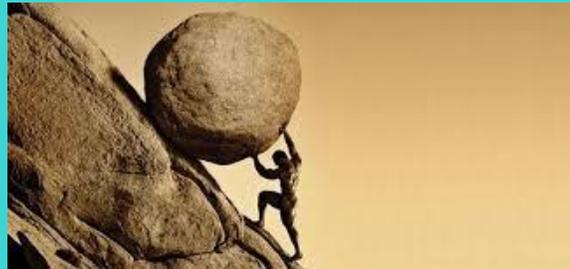
However, it's not stuff that happens that's important, it's how you react to it. You cannot control the people and events in your life. Said many times before, you can NOT control your opponents' performance but you DO have control over your own. You also have control over how you react to the people and events in your life. When your opponent has an amazing ski run or makes an incredible goal on the soccer field, be the bigger person and give them a "high five".

Don't blame people or circumstances when things go wrong. Instead, choose to be tenacious and learn the lesson behind every less than successful relationship or event in your life. For example, ask yourself what could you have done better on the ski hill or soccer field that day? Learn from your "failures". There is a huge difference between a "loss" and a "failure".

A loss is a fact and a failure is an interpretation. When you lose without failure, it is because we are determining the loss fell outside of our control.

When you look for the lesson behind problems, setbacks and failures you are being tenacious; you are taking responsibility for your life and career success. Find the lessons in the bad stuff that happens and then do something to put those lessons to work. Commit to taking responsibility for yourself, your life and your career success. Put yourself in the driver's seat. Don't let events and people stop you from achieving your goals. **Be persistent. Be tenacious.**

Tenacity and persistence are the hallmarks of people who are committed to taking personal responsibility for their life and career success. Tenacious and persistent people keep going; even in - no especially in - the face of difficulties and problems. Promise yourself that you will commit to taking personal responsibility for your life and career success. **Be persistent. Be tenacious. Keep at it, and you will reach your goals.**



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