

CHARACTER  
**CORE**<sup>TM</sup>  
MAGAZINE  
BY STRATA LEADERSHIP



# WHAT IS PATIENCE?

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



“

*Have patience. All things are difficult  
before they become easy.*

”

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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