Become aware of all the ways life today focuses on immediate gratification. Guard against the temptation to want things quickly or to give up easily.

- Don’t give up easily on difficult concepts in school; encourage your siblings and friends to work hard.
- Watch an hour of television and note how many advertisements appeal to the desire to have something “right now.” When setting out goals, resolve to put what you most want to accomplish ahead of what you want right now. Write ad copy or a bumper-sticker slogan to educate others on the value of items or experiences worth waiting for.
- Identify a historical figure, athlete, or other role model who accomplished something important despite adversity. Research the steps that person took to be able to achieve his or her goals, and plot them on a timeline. Create a similar timeline for one of your life goals.

Sources & Further Reading


Anthony, Susan B. “Is it a Crime for a Citizen of the United States to Vote?”
