

PRACTICE

Building Character Through Soccer



Patience:

State of endurance and perseverance under difficult circumstances

Synonyms: even tempered, long-suffering, diligence, composure

Patience Story

No word is utilized more in sports to describe a promising and enduring quality of an athlete, owner, coach, fan - than "patience." Here are just a few headlines of recent news articles extolling the practice of patience or the lack of:

"Klinsmann preaches patience for USMNT starlet Pulisic"

"Patience pays off at last for PGA Champion, Jimmy Walker"

"For different reasons, Phil Mickelson and Jordan Spieth practice patience"

Dale Earnhardt, Jr. tweet, "Docs preaching patience?"

"Patience is the key for Spain against Italy's tough defense"

There are literally hundreds of sports articles per month that extol the virtues of patience. Simultaneously, there are numerous articles describing various athletes "lack of" patience. So why is practicing patience important? The following quotes will shed some light on the importance of patience.

William Penn quoted, "Patience and diligence, like faith, remove mountains."

Augustine stated, "Patience is the companion of wisdom."

Joyce Meyer said, "Patience is not simply the ability to wait, it is how we behave while we are waiting."

Edmund Burke expressed, "Our patience will achieve more than our force."

Please do not miss the value of those statements to us when we need to demonstrate patience. Whether you are coming back from an injury, developing a ball skill, taking a difficult class in school, getting along with a sibling, etc. practicing patience is a virtue. Patience develops character, hope and perseverance. Most importantly patience teaches us to not give up and continue on in spite of adversities and uncertainty. Nothing achieved is worthwhile if sustained effort is not required.

Patience is one of those positive attributes that is not enjoyed at the time we are living the experience. However, the benefits are clearly seen after the struggle we face is completed. It has been said that patience is bitter, but its fruit is sweet!

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Follow Up Questions:

How can patience help you succeed in sports and in everyday life?

Why is patience important in handling and working through adversity?

Describe a time when you have had to demonstrate patience in dealing with a setback or challenge?

Explain how patience can help in achieving long term goals.
