



My Character: My Life, Your Life, Our Future

Name:

My School:

My Teacher:

My Class:

Being Determined

The My Character Resources have been developed by the Jubilee Centre for Character and Virtues at the University of Birmingham, alongside young people across the UK. This is one of a set of 10 eResources, each aiming to encourage young people to be more future minded and to think about who they are and who they want to become.

The other eResources in this series are

Having a Dream
Saving for the Future
Having Patience
Helping Others
Having Courage
Working Together
Thinking Creatively
My Character – Review

Please go to www.mycharacter.co.uk to download them.



Being Determined

The ability to keep going whatever happens.

Determination means the ability to keep going even when things are really tough. It means not giving up at the first hurdle, or the second, or the third, and it can mean sacrificing things to reach your goal. Think of someone who wants to be a ballet dancer or a basketball player; they need determination to practice for several hours a day for many years, maybe missing out on parties and hanging out with their friends sometimes.

There are lots of people who are successful now but who faced many difficulties, or many people who told them they could never achieve their goals. Determination meant they kept going, learning from their mistakes, changing their approach, dealing with the obstacles, but always keeping their goal in mind.

Current location:



Keywords

Hardworking	Resolve
Focussed	Strength
Enthusiastic	Willpower
Hard-working	Doggedness
Perseverance	Tenacity
Grit	
Strength of Mind	
Resilience	

My Inspirations

My favourite quote is:

Because:

'The difference between the impossible and the possible lies in a man's determination'. – **Tommy Lasorda**

'If you find yourself in Hell, keep going' – **Winston Churchill**

'Everything you do is 1% inspiration and 99% perspiration. As a result, a genius is often a talented person who has simply done all his homework' – **Thomas Edison**

'A failure establishes only this, that our determination to succeed was not strong enough' – **Christian Nestell Bovee**

'He who does not climb the mountain cannot see the view'
– **Anon**

'Curious people ask questions, determined people find answers' – **Anon**

'With your mind power, your determination, your instinct, and the experience as well, you can fly very high.'
– **Ayton Senna**

'Never go backward. Attempt, and do it with all your might. Determination is power' – **Charles Simmons**

'Success means having the courage, the determination, and the will to become the person you believe you were meant to be.' – **George A. Sheehan**

Inspirational People

Sir Chris Hoy (1976 – present day)
Olympic Cyclist



Chris Hoy is the most successful British Olympian of all time in terms of gold medals: he overtook Steve Redgrave's total of five gold medals at the London 2012 Olympics. Chris is most famous for track cycling, and has represented Great Britain at the Olympics and World Championships, becoming an eleven-time world champion, six-time Olympic champion and a winner of a total of seven Olympic Games medals, six gold and one silver. He has put his success down to years of hard work and determination.

Chris was born in Edinburgh in Scotland and was inspired to cycle at age six by the film E.T (1982). Before track cycling, he raced BMX bikes and was ranked ninth in the world, but when he got older, he turned his attention to track sprint cycling. In 1994 he joined The City of Edinburgh Racing Club, the most successful track club in Britain, and in 1996 he became a vital member of the Great Britain National squad.

Chris won his first Olympic gold medal in Athens 2004, and four years later became the first British Olympian for 100 years to claim three Gold medals at one Olympic Games, the 2008 Summer Olympics in Beijing. This came when he won the men's Keirin, the men's Team Sprint and also the men's Individual Sprint.

At the London Olympics in August 2012, Chris won gold in the Keirin to overtake Sir Steve Redgrave and become the most successful British Olympian ever, winning a total of 6 gold medals! Despite looking like he might lose the race on the final bend, Chris found the determination and strength to win on the line.



Chris and his coaches put his success down to his single-minded determination to succeed. To continue to train hard every day for another four years after his success in Beijing was all down to his determination to win medals in London. Every week Chris trained for up to 35 hours, including long sessions in the gym. When giving Chris the freedom of the city of Edinburgh, the leader of the Council said 'Sir Chris is an outstanding ambassador and an inspirational role model for young people, proving that hard work, dedication and sheer determination can help turn natural talent into world-beating success.'

Your successes in life are what people see, but it's your failures and disappointments that shape you, and how you deal with those.

– Chris Hoy

Inspirational People



Nick Vujicic (1982 - present day)
Motivational Speaker

Nick Vujicic was born with rare Tetra-amelia disorder, meaning he is missing both arms at shoulder level, both legs, and has one small foot with two toes protruding from his left thigh. Nick's enthusiastic and motivational speaking to teenagers across the world focuses on encouraging self esteem and to believe you can do anything.

Born in 1982 in Melbourne, Australia, Nick initially struggled hugely with his disability. He was originally prevented by Victoria state laws from attending a mainstream school, despite the fact he was not mentally impaired, but he eventually became one of the first disabled students to attend mainstream school. Sadly, he was very unhappy at school. He was bullied and frustrated by his physical limitations, and by 10 years old he was suicidal.

His perspective gradually changed and Nick started to find ways to be thankful for his life. Seeing other disabled people making a success of their lives made him realise that he wasn't alone and he learnt to master the daily tasks of his life – answering the phone, use a computer and shave – as well as other skills like playing the drums and swimming. Nick graduated from Griffith University at the age of 21 with a double major in Accountancy and Finance, and set up his Non-Profit organisation 'Life Without Limbs'. He started to give motivational talks and has spoken to over three million people in over 24 countries on 5 continents. In 2005 he was nominated for the Young Australian of the Year Award and in early 2012, Nick married his girlfriend, Kanae Miyahara.

Nick has shown determination in every area of his life, from finding the strategies to complete everyday tasks to setting up a non-profit



organisation. With many more obstacles than other people face, he has continued working hard and achieved so much in his life!

If I fail, I try again, and again, and again. If YOU fail, are you going to try again? The human spirit can handle much worse than we realize. It matters HOW you are going to FINISH. Are you going to finish strong?
– Nick Vujicic

Add a Picture of
your inspirational
person here

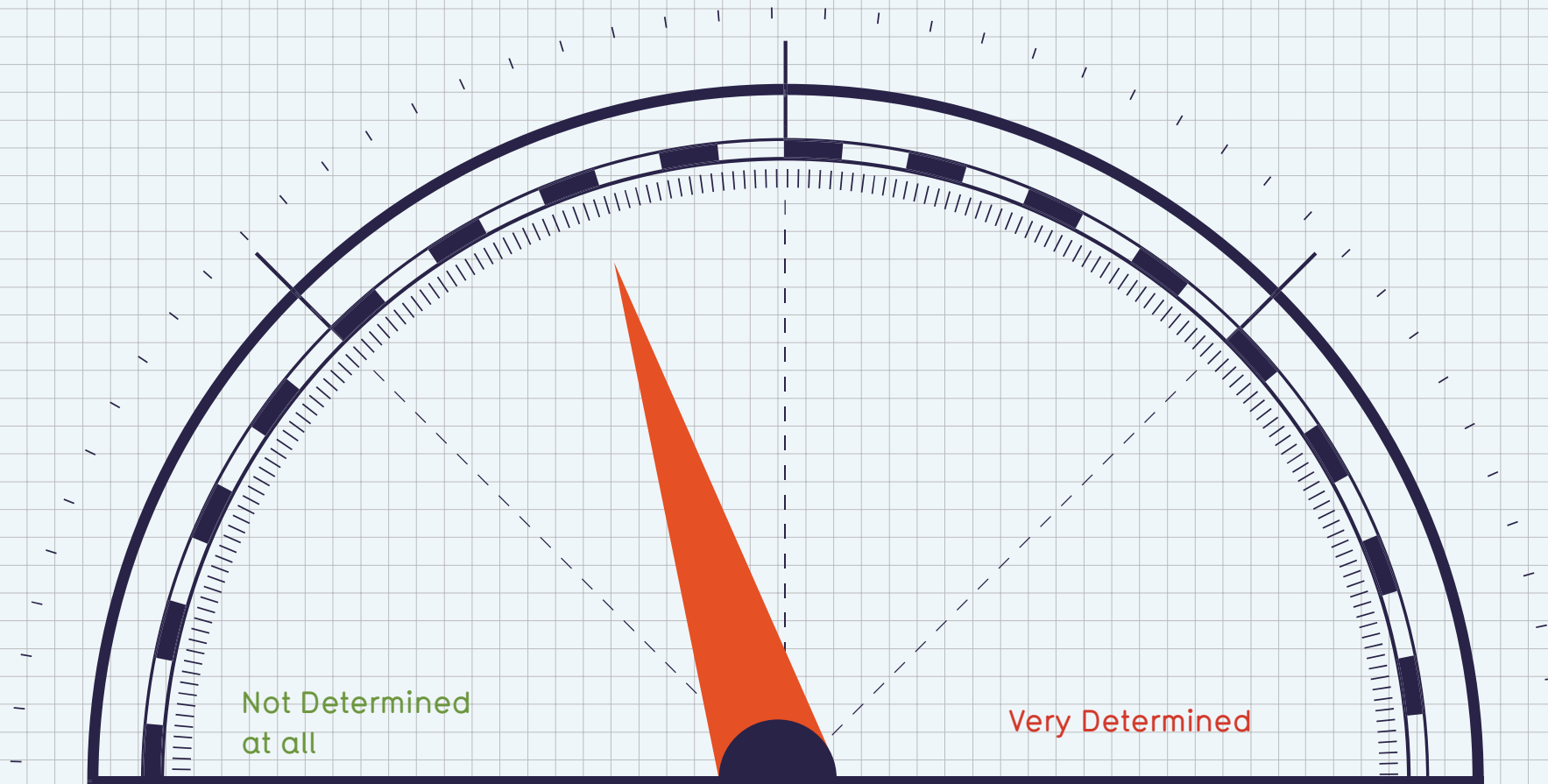
Having Patience: My Hero

Can you think of an inspirational person who has shown determination? This could be someone famous, or someone you know personally and lives locally. Explain their life story and how they showed determination:

17

Activity 17 : The Determinator

Think about all the times in your life when you have shown real determination and others when you really did not. Perhaps when you were preparing for an exam, or you were trying to reach a fitness goal? Now mark how determined you were for everything you came up with on the 'Determinator' below.



For those times you were not very determined think about what you could have done differently. What actions could you have taken? How would that have affected your determination rating?

My Thoughts

Why is it important to be determined?

Determination comes in 'cans', not 'can'ts' because...



Five times I have shown determination:

①

②

③

④

⑤



What Does it Mean?

Important words

Character

is who you are. It is what makes you.....you. It is what you believe in and how you act with others and when on your own. It is your values and your virtues.

Character trait

a feature of an individual or group of people, it tells you about their personality.

Virtue

a quality that is considered desirable in a person, all the good things about you that can be used to describe your character

The Eight Character Traits

Being determined

the ability to keep going whatever happens

Having a dream

having an aspiration, ambition or goal

Having courage

the ability to do the right thing even when it is difficult

Having patience

The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious.

Helping others

Make it easier or possible for someone to do something by offering them help

Saving for the future

the quality of using money and other resources carefully and not wastefully

Thinking creatively

the use of imagination or original ideas to create something new

Working together

the combined action of a group, especially when effective and efficient

Other Character Traits

Ambitious

a person with a strong desire to want to achieve something or reach a certain goal

Anxious

a person that is often worried that something may go wrong or not as planned

Charismatic

a character trait that includes traits such as leadership, charm and persuasiveness, an ability to inspire other people. You might often hear people say that a certain person is a charismatic leader; it means that people are naturally drawn to them, they are inspiring.

Compassionate

a person with the desire to help others

Delayed gratification

the ability of a person to wait for something that they want and not get it straight away

Doggedness

determined in effort, a very determined person

Endurance

finishing an unpleasant or difficult activity or process without giving up

Fortitude

being courageous or brave in the face of something difficult, painful or scary

Frugal

being very careful with your money, buying only things that are needed

Honesty

the ability to be truthful, sincere and fair

Humble

to feel that you are no more important than anyone else no matter what the situation, even you are the Queen or richest person in the world

Humility

the ability to be modest and respectful

Innovative

a person that starts something new, creates something or comes up with new ideas or ways to do something

Inspirational

making you feel hopeful or encouraged

Integrity

the possession of firm principles, for example if you are willing to do the right thing – even if nobody is watching

Optimistic

being positive and confident about what will happen

Prudent

acting with and showing care for the future, a person who is careful and sensible

Resilient

the ability to recover quickly from something, for example change, misfortune, illness

Risk averse

the dislike of, and desire, to avoid any type of risk

Sense of humour

the ability to face danger, difficulty, uncertainty and fear

Tenacious

a person that has an opinion in a determined way

Thrifty

a person that is careful with money, avoids waste

Tolerance

the ability to be able to accept difference

Will power

ability to control your own thoughts and how you behave

Other words you may not know**Academic**

relating to school or higher education

Aspiration

a strong desire to achieve something

Audit

looking at previous records to see if they are correct

Credit card

a card issued by a bank for the purchase of items on credit – money that a person does not physically have but they are borrowing from a bank and will pay interest on (a percentage of extra money on top of what they are paying for an item)

Entrepreneur

a person who organises and works in a business, and takes on a financial (money) risk doing so.

Humiliation

to feel very embarrassed or ashamed

Mentor

a person who advises and guides people

Personal statement

a piece of writing about you to describe your character, what you are good at and your passion, normally to give to universities or potential employers.

Philanthropist

a person who makes charitable donations to help others, in time or money

Self-reflection

to think about yourself and reflect on who you are

Reflect

to think about

Resources

an available supply that can

be drawn on when needed, for example a natural resource is a resource supplied by nature including water, wood and air. Vocational providing skills and education that prepare you for a job

Volunteer

a person who does something without receiving money for their work or being forced to do it, normally involves helping other people in some way

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Saltley School, Birmingham

For more information about the My Character Project or the Jubilee Centre for Character and Virtues, please contact t.j.harrison@bham.ac.uk or see www.jubileecentre.ac.uk.

