

# Lights, Camera, Action: Perseverance!

## Task 3: Exploring Perseverance in Every-Day Life

### Activity 3: Change a Habit

#### Directions:

You read an article on Kyle Maynard and watched a video. Now read the quote below taken from a 2017 article:

"I've obsessively studied psychology and philosophy but ultimately you have to get out of your own head and find strength somewhere deeper: in your gut. In your heart. Sometimes, ignore the brain: it's wired to help you survive and ask 'what the heck are you doing? This is stupid.'"

In a few sentences, explain Kyle's motivation to persevere.

**Student answers may vary but may include:**

Always question what you are doing and go beyond mere survival. Sometimes you need to go with your gut and perhaps ignore what your brain says. Sometimes you need to take a risk.