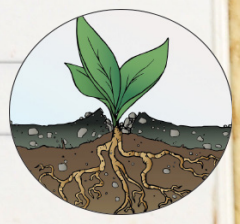
Rock Bottom Resilience #3

Have you ever had a situation where you had to show persistence in the face of something difficult? How did your persistence make a difference in that situation? Write about how being persistant can help increase your resilience.