The act of continually committing one's energy, effort and abilities to a task or goal

Lesson Number Six
Activity Two

“This is ME!”

Instructions: Choose a medium that you believe will best allow you to express your sense of dedication to something you value. You can write an essay, compose a poem or a song, paint a picture, or film a video of yourself. Whatever you do, it should be your statement to the world that you are willing to devote all of your energy, effort and abilities to this task.

“I am grateful for all my victories, but I am especially grateful for my losses, because they only made me work harder.”

- Muhammad Ali