



**HPA**  
HUMAN  
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# HPA Monthly Newsletter

Changing the Global Conversation on Human  
Performance

HPA NEWSLETTER – February, 2019

*"The difference between who you are and who you want to be. Is what you do."*

## An Amazing Story of Determination that Will Inspire You to Take Action

By STEVE BLOOM



I've often heard that the only sure-fire way to fail is to give up.

It's no secret that big goals take time. You have to think months or even years down the road.

Because they take so much time, we're often tempted to quit before reaching them. This story will show why you shouldn't easily give up.

For reading full story, click [HERE](#):

<https://bit.ly/2LnSQBo>

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## 5 Characteristics Of Grit- How Many Do You Have?

BY MARGARET M. PERLIS



Recently some close friends visited, both of whom have worked in education with adolescents for over 40 years.

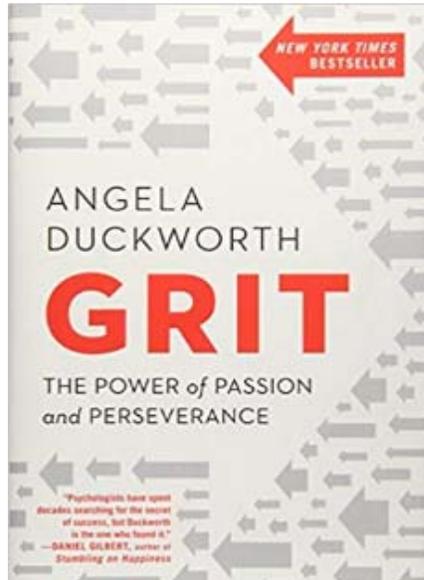
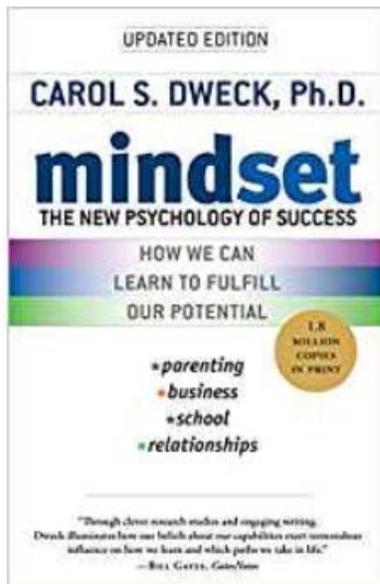
We were talking about students in general and when I asked what has changed with regards to the character of kids, in unison they said "grit" – or more specifically, lack thereof. There seems to be growing concern among teachers that kids these days are growing soft.

For reading full article, click [HERE](#):

<https://bit.ly/2PCdCRc>

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## Reading Recommendations



“Leaders aren’t born, they are made. And they are made like anything else, through hard work. And that’s the price we’ll have to pay to achieve that goal or any goal.” ~Vince Lombardi

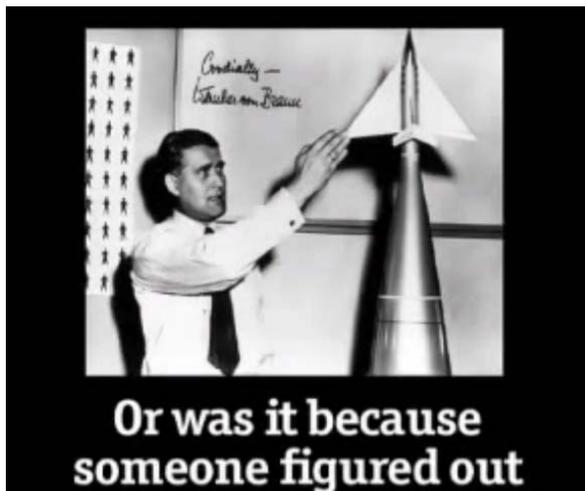


Barcelona 1992 – You can call it grit, perseverance or simply never give up attitude.

When you fall you have a choice to give up or continue, this man chooses not to. Then people will see you are going through a hard time and help you but they can never stay forever, that is why the father let him go shortly before he crossed the line. This video is bound to inspire and make you feel emotional, make sure you grab

some tissues before watching this.

<https://bit.ly/2o62ijk>



### 3 Traits of Great Leaders - Execution, Perseverance, and Initiative

The stories of the moon landing, the elimination of smallpox, and the development of the Internet demonstrate some of the key elements to successful leadership.

<https://bit.ly/1OGnHZt>

