**The Amazing Story Of Arnold Schwarzenegger**

<http://www.youtube.com/watch?v=wJPRj19OU-w>

We chose this story because it shows that perseverance is the key to success. it taught us that although there might be obstacles along your journey, it is very important to be determined and not let anything discourage you from your goal. It also inspired us to set our standards high and not to give up. Although many people told Arnold that he cannot do it, quitting was not an option for him.

We learned that if we really want something, we need to find ways and work hard enough to achieve it. We learned to walk the walk, even if we are on our own if we are doing the right thing. We also learned not to give up, even if we face many obstacles.

Arnold lived in the depth of Austria where following the steps of someone’s ancestors was common. After joining the army, Arnold didn’t give up on his dream and was determined to work hard to become a world champion in bodybuilding. He figured out mysterious ways to train himself, like lifting chairs. When he was finally ready to join the competition, he joined and won the competition.

Quoting Kevin Gemayel: “When I was a kid, I used to learn the piano. I remained at the same level for 10 years. After ten years, I had to perform in a concert and my parents were ecstatic about it. On the day of the event, I went on stage, and I couldn’t remember any musical note. I stayed on stage for a few minutes, then left without playing. This setback didn’t stop me from learning to play the piano. It was rather a turning point for me. Quitting was not an option for me because I really wanted to become a musician. I was very determined to go back to piano classes and work harder. In the past three years, I passed many levels and I can now play any song and I have since then performed in many concerts afterwards.”

Quoting Sam Zina: “I love skiing. When I first started competing in professional ski competitions, it used to be very difficult for me and I was not ranked. Yet, I never gave up; but instead, I decided to work harder. I decided to dedicate every possible minute for that purpose. I started waking up in the morning at 5.30am, working out for 45 minutes before starting my day. After having a different lifestyle for the past four years and putting a lot of effort in my daily routine, in addition to the trainings I had, I can proudly say that I am ranked 3rd in Lebanon. I am proud of this achievement and I can still remember every step along my journey. I will keep on working hard to claim the top spot.”

When we face obstacles at school, we should be determined to carry on and not to give up. When students fail an exam, this shouldn’t stop them from studying because they might think they can’t do it; but rather, this should motivate them to work harder to get better grades and not to give up. It is the prefects’ responsibility to encourage them not to give up. If the Discipline Deputy Head is training his/her prefects on certain duties (example: G4 being asked not to shout) and things don’t settle; he/she should never give up but rather try to find a way to better train them.

We were preparing for the poetry Night last year and we faced some obstacles. One of them was that one of the participants thought that she was not good enough to perform and wanted to quit at the last minute. We then talked to her and gave her many examples of people who didn’t give up and as a result, it was worth it because the experience helped them become who they are now. Abraham Lincoln, for example, tried several times to apply for legislature and didn’t give up though rejected. Eventually, he became the president of the USA.

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This shows that if you have a goal, you need to be patient and work hard before you take any further step. Arnold wanted to become a champion so bad, but he didn’t join the competition straight away. He waited, did what his parents wanted him to by joining the army, and then worked hard to get himself ready.

Although there might be struggles and challenges that hold you down along the road towards your dream, it is very important to be persistent and not let anything deter you from your goal. Same like Arnold; he was determined although he was constantly told to give up. Even if you will struggle along the way, this will guarantee that you will learn a lot to get better over the time.

Even when he wanted to become an actor people told him he can't. When he wanted to become the governor of California, they told him to keep dreaming. He proved everyone wrong by achieving his goals because he did not give up! Quitting was not an option for him.

Believe in yourself even when circumstances seem impossible to bear. After what we have seen, do you really think anything is impossible? Never give up and what is worth it is what you will learn along your journey.

Arnold’s story is very inspirational because it teaches us about perseverance and hard work. How many times do we all feel overwhelmed with exams and studying? How many times do we feel like giving up?

Let’s always think about what we can achieve. We should be determined to accomplish any task at hand and this will guarantee that we will be getting ready for whatever life throws at us. When we feel that we have too many things on our plate, it is worth thinking about the end of the journey and the lessons we are learning along the way.

This video will help you see life in a different perspective and with a stronger, positive, more grounded mentality that can't be easily broken. If Arnold has achieved all this; what about you? What about every one of us?

If we can be as determined as he was, we can have many accomplishments. We will be learning a lot along the way and this will help us become who we are. We need to keep on reminding ourselves about some simple steps when we have a goal to achieve:

1. Be patient
2. Work hard
3. Be persistent
4. Believe in yourself even when circumstances seem impossible to bear
5. Don’t give up
6. Quitting is not an option

Can you identify one challenge that is keeping you back? Write it down and decide what you need to do in order to overcome that challenge.

Finally, the struggle that you will face throughout your journey to achieving your goal will make you stronger and will prepare you better for life. It’s not the end result, but rather the journey itself!