

# “Olympians Jessica Long and Allyson Felix show us how “Anything Is Possible”

### Primary Virtues / Character Traits

**Perseverance:** trying hard and continuously despite obstacles and difficulties

**Resilience:** the ability to recover from or adjust to change and difficulties. Choosing to use setbacks as an opportunity to learn and grow.

**Family Support:** complete dedication for the well-being of other members of our family, physically, emotionally and spiritually, motivated by love

### Secondary Virtues / Character Traits

**Courage:** the capacity to meet danger and difficult situations without giving way to fear; to have the courage of one's convictions; to be willing to put one's opinions into practice.

**Love:** to freely give of ourselves for the betterment of another person, without expecting anything in return

**Purpose:** the reason we strive to do something or to accomplish something; the intention for doing something; being determined to do or to achieve something