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“There is no success without hardship.”

Sophocles

Themes: Self-management, self-motivation, goal setting, evaluating, identifying emotions, self-confidence, self-efficacy

Claims: The only way to accomplish things in life is to go through hard times.

Counterclaims: You don't have to go through extreme suffering to have success.

Essential Question: Do you have to suffer to be successful?

Storytelling: Talk about a time when you went through a hardship and you emerged successful on the other side. How were you able to overcome the hardship? Talk about a time when you succeeded at something that required no hardship at all. Did the success have less meaning because you didn't have to go through hard times to get it? Why or why not?