

# Flowers of Fortitude

Imagine you're trudging through the park on a cold winter day when you suddenly spot a pop of purple on the ground. It's a flower blooming in the snow!

As amazing as it seems, some flowers do have the strength to burst through frosty ground. They've adapted to their environment after many chilly winters.

Like snow flowers, we can learn to thrive in tough situations. Facing hardship can help us bloom if we

practice three P's: positivity, perseverance, and patience. If you're having trouble mastering a music solo, don't give up. First, visualize yourself accomplishing your goal. What does it look like? How do you feel?

Imagine obstacles you may face. What steps will you take to overcome them? Seeing yourself sprouting past challenges can help you achieve your dreams. With the three P's, you can find ways to blossom and grow.

Find these nine fearless flowers blooming in the snow.

