

ניצחון (Nitzachon) - Pushing through a challenge

(Related to struggling, victory, conquering)

Quotes to foster understanding:

Just as the olive yields oil only when it is pounded so to our greatest potentials are yielded only under the pressure of adversity - Talmud

and/or **“It’s not that I’m so smart, it’s just that I stay with problems longer.”** -Albert Einstein; That is never give up – the goal is not in achieving but in trying consistently with your best effort. Don’t give up. Anything worth doing takes work.

Situations in which this middah might be appropriate:

Ropes/Challenge course
Any Challenging activity

A program or activity that is
perceived as a deficit

Reinforcing example:

Counselor in response to seeing a camper try their best, working hard, showing marked improvement over time in an activity/skill/or even behavior, says, “Now that *Nitzachon* – keep pushing! Great work!”

Redirecting example

Camper says, “I hate this, I’m not good at this..”;

Counselor says, “Let’s push that aside and give it a try. Let’s work on *Nitzachon*, it’s hard but there is no reason not to try it. You might have fun/ get better with practice etc.”

How to use *Nitzachon* in a sentence:

You can do this! Find your *Nitzachon* and push through!

Camp gives us a safe place to practice *Nitzachon*. We can try anything we want in a supportive and non-judgmental environment.

How can you achieve *Nitzachon*?