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Heart of a Coach: Marci Jobson

Chosen Attribute: Patience

Dictionary definition: "An ability to suppress restlessness or annoyance when confronted with delay. A quiet, steady perseverance."

My definition: "Having the mental capacity to wait for the things that you want and are trying to achieve. It is the journey to the destination. You want to get to the destination, but patience is the waiting and growing stage before you get there."



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