

Statement: "Never, never give up"

"Never, never give up" is a phrase that everyone needs in their life in order to motivate themselves and persevere towards their goals in life. In Rocky Balboa, the main character displays the perfect example of never giving up by training and training for a boxing match against another contender, despite his old age.

Throughout the film it shows Rocky's personal struggles with his son and the complicated relationship that they have. He also mourns his dear wife Adrian who had sadly passed away. Everyday he walked to the cemetery to see her grave and also to talk about his day to his wife. He is a longtime former boxing champion and he now manages a small restaurant Adrian's.

Rocky sees some highlights of a past fight that he had and watching this sparked a motivation in him to want to fight again. He had planned to just have small matches in local clubs in the area, but his manager had something different in mind. His manager planned to set him up with Mason Dixon who was a young upcoming boxer with mad boxing skills. Instead of declining the fight, he decided to accept the match and go up against this youngster. But the fact that he was far more older than this young fighter, he had himself at a disadvantage but was still determined to show everyone that he still had it in him. Rocky and Duke who was his former trainer, got to work and began training again, just like the old days.

Training wasn't difficult for Rocky, but it wasn't that easy either. He'd been away from the sport for so long he had forgotten that feeling of adrenaline. But after weeks of training, Duke was slowly beginning to notice some positive changes in Rocky and could see how much he had missed the sport. After weeks of training hard, the day had finally come where he would meet his opponent, Mason Dixon.

During the fight, Rocky and Mason threw a couple good shots at each other. Both were doing really well, returning hooks, jabs and uppercuts to at one other. It was a brutal fight, but 'The Italian Stallion' wasn't able to carry on and was on the ground struggling half way through round 10. Although he was down, the crowd still applauded him acknowledging his stability and perseverance. Even though he didn't come out as victor, Rocky still managed to display to the world the true definition of never giving up, which was all that he wanted to do.

One thing that I admire about Rocky in this film is his ability to work consistently and effectively towards the targets he sets for himself in life or in general. I also respect the fact that even though he goes through some interpersonal issues, he still manages to put a smile on everyone's faces when they come into the restaurant. Rocky is also always willing to help those in his community and give quality advice to those who seek it. In a way I feel that I am able to relate to one of Rocky's characteristics, which is always wanting to make others smile or laugh. A lot of the time, I always try and crack jokes with my friends and I am constantly trying to make others smile. I believe that by making others laugh or smile will help boost not only your self-esteem but there's also. I choose to make my friends laugh or smile because it is a good way to forget about everything negative or stressful in life and it's a good reminder of how good you have things.

I have applied the saying "Never, never give up" many times in my life and I still use it to this day. But a time in my life where I needed it the most was when I was at Outward Bound on a full on tramp. A member of my watch had injured themselves and I took on the responsibility of carry her pack for about 8km. It was already tiring enough carrying my own pack so carrying two was going to be really challenging for me. I managed to carry her pack on my front side and had my own on my back. It was

the most difficult thing I had ever done in my entire life and by the end of it, I felt dead. I carried 2 packs without complaining because I was able to learn self-motivation and test my limits. If I wasn't able to self-motivate myself, I wouldn't have been able to complete the challenge I had set for myself. But I know that by Never giving up, I am able to better myself and become a more headstrong individual.

Earlier on in the film Robert (Rocky's Son) is telling his father that he doesn't want him to fight but begs him to stay retired but Rocky replies with one of the most inspiring/motivational lines in the movie. "Let me tell you something you already know. The world ain't all sunshine and rainbows. It's a very mean and nasty place and I don't care how tough you are it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get it and keep moving forward. How much you can take and keep moving forward. That's how winning is done! Now if you know what you're worth then go out and get what you're worth. But ya gotta be willing to take the hits, and not pointing fingers saying you ain't where you wanna be because of him, or her, or anybody! Cowards do that and that ain't you! You're better than that!". From this line I realised how strong Rocky's determination was and how big of a heart he had, choosing to do what he believed in and never give up. Determination is such a beneficial characteristic that everyone should learn to attain because it would be able to assist in increasing individuals resilience and help them make their dreams a reality.

In society, every young person has the potential to display the act of "Never, never give up" in their lives and make it into a reality. In the real world 'Never giving up' can be shown through the way people strive for success, their ability to be independent and also by their unstoppable pathway towards implementing their desires in life. Finishing what you start is one way that people in today's society can apply the element of "Never, never give up". It is significant that young people finish what they start because it shows that they are capable of accomplishing goals they set for themselves and it also shows discipline. When you achieve something or complete a task, at the end of it all, you feel a sense of satisfaction and fulfilment. At the same time you also come to realize how much better it feels when you actually finish what you start and you begin to recognize how worthwhile your hard work is. Truly sticking to your word is like motivation for young people because it gives them a reason to stay true to what they say and it also exercises a person's discipline as well. As adolescents seek to fulfill their goals, it may not be easy and at times they might feel in despair, so having hope is key. Personally, I know when I'm feeling hopeless I try to stay positive and remember my self-motivation because it will help me through whatever struggle that I might be facing. Having hope will also provide young people with a better positive mindset and will assist them in overcoming their weaknesses, which will sustain them as a thriving individual. Overall, as students begin to grow and learn more about themselves, they will begin to realise that there is so much more in them than they know and will learn how important it is to "Never, never give up".