

POWER OF **PERSEVERANCE**

Developing The Never Quit Attitude





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THE IMPORTANCE OF PERSEVERANCE



CHAPTER 1

PERSEVERANCE DESPITE THE STORMS OF LIFE

Expecting a life with no storms is as naïve as expecting daytime that never gives way to nighttime. It is simply not possible to cruise through life and never have to face any form of resistance.

Of course, different people meet up with challenges of different kinds and magnitudes all at different times, but the bottom line is we all do. Realizing this is motivation enough to begin to toughen up and never act like something alien is happening to you whenever you go through a rough patch.

It is this realization that can get you moving forward knowing that a smoother patch definitely awaits you at the end of the seemingly never ending, painful one.

One dictionary meaning of the word perseverance is:

"Continuing in a course of action without regard to discouragement, opposition or previous failure"

It is clear from the definition that we cannot even speak of perseverance unless a situation far from the ideal exists. In a season where you have mastered good habits and are practicing them every day while checking all the boxes on your to-do lists and functioning in high spirits, you do not need anyone to encourage you to keep on keeping on.

It comes as naturally as accelerating down a hill. It is when discouragement hits or you are faced with opposition from within or without that endurance becomes a thing to be considered a necessity.



When previous failures loom over your head threatening to resurface while you are on a new course of action, then is the need to learn how to persevere.

Let us dive into the essence of possible resistances you need to overcome in your journey to victory according to the rendering above:

“
*Courage doesn't always
roar. Sometimes courage
is the quiet voice at the
end of the day saying 'I
will try again
tomorrow*

Mary Anne
Radmacher

”

Discouragement

Have you ever studied hard for a test or an exam only to fail it? You may have literally done your best and gone out of your way to do due diligence but got the shock of your life when the results came. Discouraging, wasn't it?

Imagine though if everyone who ever experienced such threw in the towel and stopped studying for good. Very few geniuses would make it through most of the challenging studies out there. It is normal for you to question if what you are studying is even the right niche for you and feel the temptation to drop it already.

“

A failure is not always a mistake. It may simply be the best one can do under the circumstances. The real mistake is to stop trying

B.F. Skinner

”

Sometimes this is a good idea but mostly it is not. Whatever the endeavor may be, it could be that you are marketing a new product or idea or you are a salesperson trying to boost your sales or you just want to get more value from your time in your job or vocation.

Expect negative feedback and results here and there and be prepared to encourage yourself from the inside to learn whatever lessons your drawbacks may bring but keep moving forward with a strong focus on your expected goals.

Opposition

You may have a noble idea or plan that you are carrying out but find that enemies of your cause are out there to frustrate your efforts. These may be people in high places of authority capable of destroying you and your project.

Stop and think of ways to go around the situation while maintaining your good moral and spiritual standards. Always remember, where there is a will there is a way. When they shut the doors in your face, look for another opening and storm in.



Previous Failure

In most cultures, failure is so frowned upon that people inherently develop tense feelings of fear, shame, or stress towards it. This is very crippling considering that we learn best by making mistakes. Sometimes we need to see things in a state of error so that we may know how they should be in their perfect state.

It would do you some good to welcome failure with wide-open arms and know that your learning process is made excellent by it. Begin anything in your life with the liberating mentality that “I will probably mess up at the beginning and along the way” so that when you do actually miss it, you won’t make such a big deal about it.

In conclusion, there is no denying that sometimes the world may seem to be gathering up all its forces to render your efforts void but remember that for everyone else it is so. Those that seem to be swift sailing have only learned to curb themselves in the face of negativity.

Some seem to exhibit great successes but if you got close-

enough to them you would hear the stories of their fair shares of struggles that they had to learn to ignore in order to become winners.

Be encouraged every day and as many times as you need to in order to achieve your goals and live that desired life.



STEP ONE

My Goals

In order to achieve something amazing this month, you need to get clear about what it is you want to achieve. Instead of focusing on trying to achieve lots of things, pick one big goal to focus on and make it your priority.

When you get laser-focused on achieving one thing, you'll make so much more progress.

WHAT ONE, BIG GOAL WOULD YOU LIKE TO REACH BY THE END OF THE MONTH?

GET REALLY CLEAR AND DON'T HOLD YOURSELF BACK.

"Setting goals is the first step in turning the invisible into the visible."

CHAPTER 2

*It's not that I'm so smart, it's
just that I stay with problems
longer*

Albert Einstein

PERSEVERANCE REQUIRES PERSISTENCE

“Nothing in this world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

The slogan “press on!” has solved and will always solve the problems of the human race. These words which were said by Calvin Coolidge who was the 30th president of the United States to me are the most realistic description of what persistence entails, its importance in the lives of each of us.

Persistence is defined as the act of not giving up and having a firm and obstinate continuance in a course of action you have decided upon despite difficulties. I would go on and define it as one of the fundamental building blocks to a firm and anchored foundation to success.

Nothing entails more success than to keep hammering on that idea that you chose to put into action, to keep investing all your efforts and time into one particular plan that you are working on until you get the desired results.

Consistency forms a large part persistence as it is the action of redoing. The other building block that brings our persistence into being is self-discipline. The fuel behind consistency is self-discipline. As humans, we are automatically drawn to take the easier path, therefore when anything becomes less enjoyable our instinct is to quit.

When barriers and huddles are presenting themselves before us, we pick the easy road. Self-discipline reprograms our mind to be consistent and to keep soldiering on in the face of adversity. It makes us persistent.

Perseverance and persistence are words that resemble each other in character and depth. They are often used interchangeably but there sure is a thin line that separates them. Perseverance means to abide strictly by something, to be immovable, and unshaken. Persistence is tenacity, the strength to hold on even when it is unbearable.

Perseverance is acting upon a choice until it becomes a lifestyle,

you look past instant gratification and rewards and keep going even when everything around you are shouting otherwise until you reach your goal. It becomes the fundamental differentiating factor between being successful in your endeavors and failing.

Even in the face of failure, the more you persist the better the chances you will have of winning because in the process you are learning all you did wrong and you get more insight on what you should be doing right.

We cannot call it persistence if we just continue doing what we like doing, being in our comfort zone, and facing no trials whatsoever. Perseverance only comes where challenges are involved, that means pushing yourself out of your comfort zone and developing a resilience mindset.

For perseverance and persistence to be part of you, you need to take your time to work on it. Take your time to figure out what you want, give yourself a time limit, and refuse to back down until you realize your goal. Take a leap and get to it without allowing the fear of failure to paralyze you.

Failure is only the opportunity to begin again, this time more intelligently

Henry Ford

After taking a step towards your goal make sure you surround yourself with things and people that boost your confidence and strength. When you encounter challenges along the way and they knock you down, give yourself time to analyze and reevaluate where you went wrong and then get back to your feet.

To make it easier to tackle mishaps and challenges prepare yourself for them beforehand, anticipate potential setbacks in your plan, and find a way to counter them in advance. Through it all, you have to remain focused on the goals to be accomplished and on the reward it will all come with. A well-visualized goal fueled with enough passion, perseverance, and persistence, brings about inevitable success.



ACTION

Brainstorming

Action brainstorming can help identify what things are helping or stopping you from achieving your goals.

MY GOAL:

STOP
DOING

DO
LESS OF

KEEP
DOING

DO
MORE OF

START
DOING

PERSONAL Values Bingo

This bingo game is designed to help you identify the values which can be essential to you. Circle any of the values below that apply to you.

Justice

Careful

Honesty

Fairness

Merit

Optimism

Mastery

Ambitious

Insight

Clarity

Ability

Wisdom

Grace

Integrity

Resilient

Loyalty

Humility

Efficient

Power

Respect

Control

Ethics

Empathy

Fluency

Balance



CHAPTER 3

REVIVING A FADING DREAM

Do you remember what you wanted to be growing up? Many people forget their once cherished dreams because of bad things that have happened from the time they realized their dream of becoming such and such to where they currently are.

Growing up, you may have wanted to be an Astronaut only to end up with a completely different profession due to unfavorable conditions or a series of misfortunes along the way.

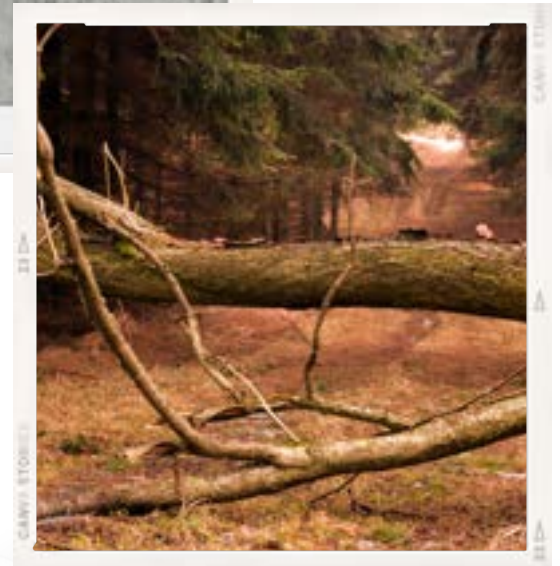
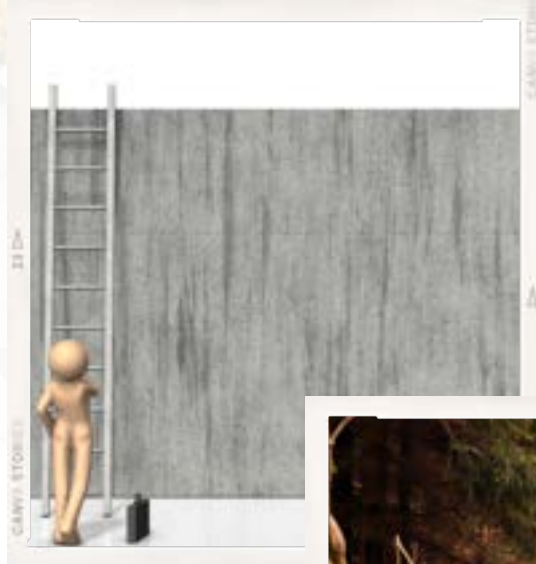
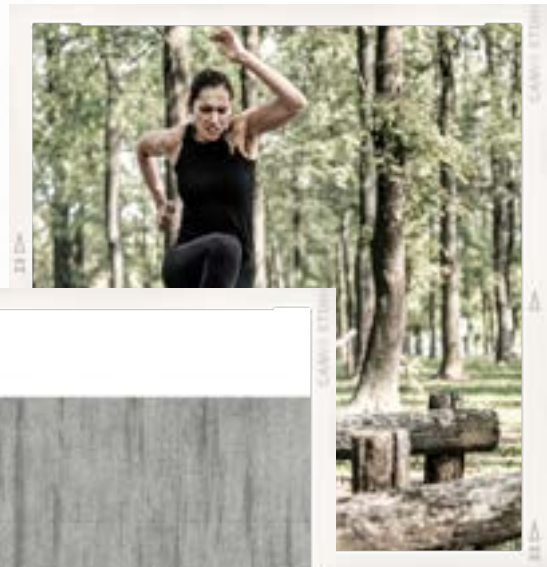
If you are wondering whether reviving a fading dream is possible, I need you to know that it is. You can begin chasing your long-lost dream, bring it to life, and start living the life you have always wanted no matter where you are, what you have accomplished, how many times you have failed, or how old you are.

You just have to believe you can do it and begin taking the necessary steps that will get you a step closer to your dream every single day.

Top 5 ways of reviving your fading dream and making it work:

1

WRITE DOWN YOUR VISION



Every professional worth her salt knows that keeping a journal of the most important things you intend to achieve is a smart way of moving forward. Writing down your fading dream is going to give you a clearer image of where you desire to be, and it will make you realize that fulfilling your dream is still possible.

Writing things down is a smart way of reducing a seemingly huge and impossible task into a much more sizable and doable undertaking. It is a brilliant way of reviving a dying dream.



FIND OUT WHAT NEEDS TO BE DONE TO BRING IT TO LIFE

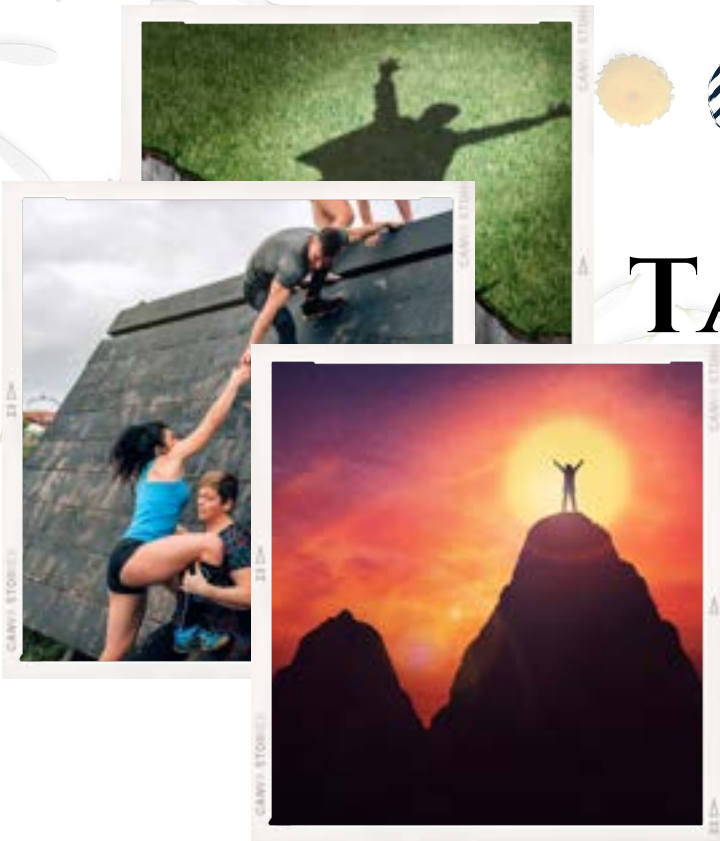


After writing down your dream as a way of reminding yourself of what you once desired, start finding out what you need to do to bring it to life. Identify the main things that you need to begin paying more attention to.

For example, “Do you have to change your schedule?” “Do you need to take a short course?” etc. Once you realize what needs to get done or changed, go ahead and implement the change.

3

TAKE SMALL ESSENTIAL STEP



A lot of people haven't gathered enough courage to renew their vanishing dreams because they fear things may not turn out the way they are expecting. You may be thinking of changing careers, but you are afraid that resigning from your job may not be the smart move at the moment.

The good thing about revisiting your vision is that you don't have to quit your job. You can begin working on your dream while continuing with your occupation. The only thing that matters is that you allocate at least an hour a day to reviving your dream and always take small but significant steps.

4

TAKE CALCULATED RISKS

Taking risks isn't something that many people are comfortable with mostly because not all risks turn out the way they are expected. However, the most noteworthy academics and business magnets had to take risks at some point in their lives and some of the risks they took turned them into the experts they are today.

Know that there is nothing wrong with taking risks. You just have to make sure you make a careful estimation of the outcome that is most likely to occur. Once you have concluded that you have more to gain from making that choice, go ahead and take the risk. It may turn out to be just what you need to begin living your dream life.

A perfect example of someone who took an unusual risk is Steve Jobs who sold his Volkswagen bus to raise \$1,500 in capital to start his tech company Apple Inc. Steve Job's shares had a net worth of over \$10 billion at the time of his death!

BE PERSISTENT

5

The most effective way of renewing your fading dream and making it work is by being persistent. As you continue to bring your vision to life, you will experience feelings of insufficiency and doubt but don't give up. Keep moving and stick it out until your long-cherished dream becomes a reality.



STEP TWO

Steps To Take

Now you know what you want to achieve, let's plan out how you're going to make it happen...

What steps do you need to take in order to make it happen? Break your goal down into small, doable steps.

STEP TO TAKE:	COMPLETED BY

" Setting goals is the first step in turning the invisible into the visible. "

TELL YOURSELF

Why do you want to achieve it?

THE MAIN REASON IS:

HOW WILL IT MAKE YOU FEEL?

10 POPULAR PHRASES AMONGST QUITTERS

CHAPTER 4

“What if I told you that 10 years from now, your life would be exactly the same? I doubt you'd be happy. So, why are you so afraid of change?”

Karen Salmansohn

Life has a way of always making us doubt ourselves, it can rattle you until you feel like you cannot go on. That is probably the reason why we often feel the only way to survive is to just stop working towards our goals. The hope for progress, growth, and success just dwindles until you decide throwing in the towel is the best decision you can make.

The art of giving up is one our minds learn over the years by meeting challenges and being subjected to failure and disappointments. Sometimes we get to a point where we just conclude it is easier to let go now than deal with the pain of losing later.

The repeated thoughts of quitting end up mapping a pattern in our minds. We get hammered into the irresistible cycle of giving up when challenged or when we meet the smallest huddle in our path.



In the mind of a quitter; the words perseverance, persistence, and determination become foreign. In the face of any adversity, the viable choice for quitters will always be to give up.

When the mind is infested with the quitting bug it automatically loses its fluidity, your mind becomes static and stops dreaming or looking beyond what you think are your capabilities.

Failure just like success can be predictable. Our actions and efforts determine the kind of result we are most likely to obtain. Once you have chosen to take the easy road, you automatically become a failure at whatever it is you were working on.

Keep in mind that failing is not the worst thing that could happen to someone. If you fail once, try again next time and you will have a double chance of succeeding. However, once you quit you have already reached the end of the line.

Quitters have their language; they speak in excuses as they try to justify their choices.

Here are some of the most common phrases among quitters:



“
Success is the sum
of small efforts,
repeated day in
and day out

Robert Collier

1

What If I Fail?

The fear of failure paralyzes us. Thoughts of disappointments and shame hinder us from persistently working on our dreams. The only way to get over the fear of failure is to look at failure as an opportunity to learn and be progressive.

You have to understand that in every path to success, risk-taking plays a major role as well. Life in itself is a risk, so do not let the fear of failure turn you into a quitter.

2

I Do Not Have The Time Now

This statement goes around a lot among quitters. In the face of adversity when their goals and dreams are being challenged, as an escape plan quitters try to lessen the blow before it comes by convincing themselves there isn't enough time to accomplish the task at hand. They lack the patience and perseverance to keep trying and to keep investing time on the task in question.



There Is No Reason To Go On

Often when things do not go our way, life throwing us curveballs and punches to the face, beat down and disappointed, we lose hope, but we must still find a reason to go on. We need to keep trying because unlike quitters, winners always have a reason for getting back up and giving it yet another shot.



I Am Not Good Enough For This

Feelings of inferiority and low self-esteem are the main reason why people choose to give up fighting for what they believe in. Quitters often compare themselves to other people and conclude that they are less talented and less skilled than the next person.



Perseverance is the hard work you do after you get tired of doing the hard work you already did.

Newt Gingrich





I Am Not Smart Enough

The ultimate power of our species is the ability to learn and acquire as much knowledge as we deem necessary to accomplish any task at hand. Once one puts their mind to it there are no limitations, impossible ceases to exist. In a quitter's mind, it is impossible to learn and acquire the skills and knowledge required to finish the task they have started, but it is all in the mind.



6

I Can't Find Motivation Or Inspiration

Most times people end up giving up due to a lack of motivation, a lack of inspiration, or the outward stimulation to keep going on. It is not wrong to get a push from the outside but your whole will to accomplish a task should not be hinged on extrinsic motivation, let the push come from inside. Find the right reasons why you want to do that particular task and accomplish it, when things go sideways that will always be your motivation.

7

Maybe It Is Not Meant For Me

When your mind is harboring the quitting bug it is easy for you to blame it all on fate, the belief that what is meant to be yours will be yours. You forget that even for that which is meant for you, you ought to work towards it. Instead of working hard to accomplish a goal, you use fate as an excuse to quit.

8

No One Understands What I Am Going Through So They Cannot Help

Novelty is somewhat an illusion under the sun, whatever you are doing, or you are going through someone has been there before. In moments when you feel like you cannot do it anymore, you ought to find a helping hand or council to avoid quitting.

9

They Are Doing Better Than I Am

Comparison often births dissatisfaction; we start looking down on our effort and what we can do when we cross-reference with the next person. The only person you can compare yourself with for growth is you.



10

I am Too Tired

Too tired? But who isn't, life drains us sometimes but that shouldn't mean let go. Be patient with yourself, rest, and get back at it!!

WHO WILL HELP *You To Achieve Your Goals*

Write down their names & reach out to them.

THESE PEOPLE CAN HELP ME	CONTACT DETAILS
	
	
	
	
	
	

BY THE END OF *This Month*

I WILL HAVE...

*" The future belongs to those who believe in the
beauty of their dreams "*

ELEARNOR ROOSEVELT

CHAPTER 5

IT PAYS TO PERSEVERE

'Your success in any endeavor depends on your willingness to never give up, even when the reward is delayed.' - Harvey Mackay. Susan B Anthony was an advocate for American women's rights to vote in the late 1800s.

The majority opinion was that women didn't have to vote or be equal to men. They labeled anyone who wanted to change that notion a troublemaker. For that reason, some admired Susan whilst some traditionalists despised her. She let nothing deter her, soldiering on until she had a significant following.

At one gathering thrown in honor of her work, she received flower bouquets and joked about a certain time in her political career when people had thrown plenty of things at her which were not flowers. Before her death, people asked Susan if her pursuits had been worth all the things she had gone through.

Her answer was a definite yes. They enacted the law allowing women to vote around 1920, several years after her death. American women and the rest of the world in general will always attribute their ability to vote in the present and future times to Susan's persistence and determination to fight the system on their behalf.

Perseverance separates the success stories from failures. It demarcates the winners from the quitters. Any exceptional person significant enough to write about in the world's history books has faced tremendous challenges in their various pursuits.

What clinches success is the determination to win despite those challenges. We should never leave success to chance or luck. Hard work, persistence, and an attitude that refuses to take no for an answer shape it.

Why Perseverance Is Important

Everyone wants success in whatever they set their minds to do, but we forget the hardships lying in the path to that success. We are human enough to fall short of our goals a couple of times, despite our meticulous planning and goal-getter mindset.

Any failure you encounter will chip away at your confidence and self-belief. It becomes easier to believe that you do not have what it takes, and that results in a great temptation to throw in the towel and settle for something less risky.



The road to success is not a straight line. It requires a level of alertness to navigate the bumps and steer clear of the failure-sized manholes waiting for your fall. Perseverance takes you to your destination despite those setbacks.

What guarantees you of success is getting up after every fall. Determination and persistence mean you will fight for your dream, despite the temptation to give up. It means that you know that the journey is rough but will risk the discomfort to get the rewards when you reach your destination.

“

Through perseverance many people win success out of what seemed destined to be certain failure

Benjamin Disraeli

”

Rewards Of Perseverance:

1

Reaping The Fruit Of Your Labor

Agricultural metaphors can represent the story of success. There is a lot of groundwork before you can see the harvest. The planning stage is preparing the land. Next, you plant something to reap. Part with something of yourself in your pursuit of success, pouring it into the ground and waiting for it to yield fruit.

After that, nurture the plant by watering it constantly and weeding out whatever is hindering it from growing. Invest in your dream by watering it with the required resources.



See what has the potential to choke or compete with your dream and weed it out. All processes involved are not glamorous. They demand hard work and persistence.

Only then can you expect fruit to break forth. You also need to be patient, as fruits will not grow overnight. Pour what you can into your dream and be patient before you quit.

Building Confidence For Future Endeavors



Accomplishing a hard task will bring you a lot of confidence when you tackle the next leg of your journey. Your excitement to take on more tasks comes from knowing that you persevered in previous endeavors, including those that seemed impossible. You develop the confidence to deliver better on your goals.

This also does wonders for your repertoire. You can give your clientele reasons to choose you over your competitors when you articulate your past successes. Eventually, you come highly recommended in your sphere, which is the greatest reward for anyone whose dreams offer a service to others. Persevering and winning because of it will always open doors for the future.

You Learn More About Who You Are

The journey to achieving your goals is often long and trying. Being determined to succeed teaches you a lot about who you really are. If you quit easily, you get to know your low threshold for patience.

*Perseverance is
failing 19 times and
succeeding the 20th*

Julie Andrews

If you persevere you also get to learn about your strengths and limitations, so you can work the strengths to your advantage and find ways through your limitations. Rewards are not always instant, but with perseverance, they are a guarantee.

Be willing to persist in the face of challenges and you will be well on your way to success.

Never give up if you know you are right.

Remain courageous and confident when you know the odds are against you.

Permit no one to intimidate you or shake your belief in yourself.

Take new courage and resolve from the many successful people who faced great challenges to find greatness.

STEP THREE

Create Your Schedule

Now you know what steps you need to take, create your schedule for the month.

This will help you to stay on track and make massive progress. Use the calendar below to schedule your tasks.

SU	MO	TU	WE	TH	FR	SA

CHAPTER 6

*Never confuse a single
defeat with a final
defeat.*

F. Scott Fitzgerald

NEVER QUIT: GO AFTER YOUR BREAKTHROUGH

To succeed you might have to fail without giving in to the temptation to quit. Have the courage to go after what you want, regardless of the many times you will miss the mark.

Seeing your dream come true will bring fulfillment in ways that will overshadow any failure you encounter. Giving up will only bring a lifetime of regrets. So instead of quitting when the going gets tough, push forward and claim your victory.

The Myths Around Failure

When people commit to their dream, the expectation is that passion coupled with excellent planning will prevent failure. The truth, however, is nothing worth pursuing is that predictable. Many unforeseen circumstances can still cut your legs from under you, even with all the glorious plans.

You could expect setbacks and still be ill-prepared to handle them. Certain things might catch you off-guard. You need to accept that reality if you are to build resilience in the face of adversity.

At ten, doctors diagnosed Kieran Behan, a young boy with a dream to become an Olympic gymnast with a cancerous tumor on his thigh. The doctors decided on an operation to remove the tumor, but it went so bad that he suffered nerve damage.

He received the news that he would never walk again. With great determination, Kieran started his journey of recovery. After fifteen months in a wheelchair, he found his way back to the gym, only to slip from a top bar a few months later. He sustained a head injury that took him out of school for a year.

His determination to become a professional gymnast saw him retraining his brain to get his coordination back. Years later, he persisted and qualified for the European Championships.

Unfortunately, the strain he had put on himself had caused several fractures and a blown knee. The youthful man was ready to give in until he remembered his goal. He pushed himself past the pain to become the Challenge World Cup floor champion in 2011.

He realized his dream of competing at the Olympics when he qualified as a contender in 2012. Though he never won the gold medal, the young man's resilience brought him where the doctors had never envisioned, he could ever go after facing all the physical trauma and pain.

Failure does not always mean that you should rethink the vision. Sometimes, it means your methods did not work the way you thought they would. It could be the right indicator towards a better way of tackling the work ahead.

Do not quit because you failed once. Instead, give yourself room to fail a few more times before throwing in the towel. Somewhere along the way lies victory. Don't miss it just because you encounter a few stumbling blocks.

How to stay motivated when quitting seems easier:

1

Remind Yourself Why You Started

Remember the excitement you developed upon discovering your passion? Everything seemed so possible, so within reach until you encountered the first few hurdles that showed you it would not be a walk in the park.

When you doubt yourself and your ability to perform well in your endeavors, take time to remind yourself why you chose that dream. Remind yourself of the strides made so far and how those achievements validated your pursuit. Remind yourself of how it felt to see things falling into place and it will encourage you to jump right back into it.



“
Develop success from failures.
Discouragement and failure are two of the surest stepping stones to success.”

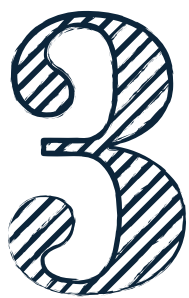
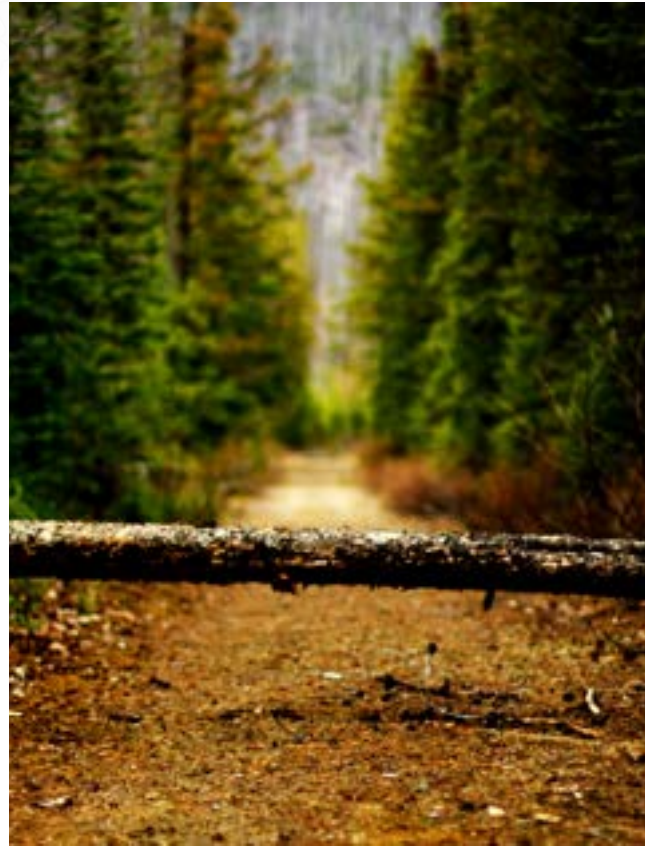
Dale Carnegie

Keep Your Eyes On The Prize



Many people lose sight of the bigger picture when things take a sticky turn. This loss of focus is dangerous as it amplifies failures. It becomes easier to compare your progress with your peers, and comparison seldom yields any good.

Keeping the end goal within your sights will help the vision seem closer and more attainable. Visualize the feeling of contentment you will get once the rewards come through and it will motivate you to pull through towards your victory.



Take The Road Less Traveled

Successful people are often risk-takers. They will do what no one else is comfortable doing. Whatever seems daunting to the ordinary person is fodder for a winning mindset. While it is important to plan, one can easily quit at the planning stage because they feel they are not up to the task.

If you are going to win, you will need to perfect the art of leaping into tough tasks before you are ready. Do not allow room for stagnancy. It only brings a greater level of discomfort and disappointment in the event of setbacks.

Always stretch yourself to build resilience for adverse seasons. Set a few challenging goals that will shake off complacency and gear you up for tough times.

4

When It's Overwhelming, Ask For Help

No man is an island. Whilst it is ideal to pursue your passion alone, dreams are better achieved with the help of others. Surround yourself with a healthy support system. The kind that does not clip your freedom to try things and that is available to help build your confidence back up when things are not going your way.

Find people who can provide a safe space in which you can discuss your fears with no fear of judgment or ridicule. Reach out to people who have gone ahead of you and find out how they stayed the course when faced with challenges of their own.

When quitting is tempting, look at yourself in the mirror and repeat “I will not quit until I am living the life I dream of!”

STEP FOUR

Take Action



DO SOMETHING RIGHT NOW THAT WILL HELP YOU TO GET CLOSER TO ACHIEVING YOUR GOAL

Whether it's sending an email, making a call, compiling a list of contacts just do something right now. It will help you to build momentum.

2 THINGS TO BE HAPPY ABOUT TODAY



CHAPTER 7

5 SIGNS YOU HAVE A QUITTING HABIT

We all go through tough situations where things seem not to work regardless of our invested efforts. We then wonder if the goal is worth all the trouble. Where we think it is indeed worth it, we ask ourselves whether we will succeed amid all obstacles.

It is human nature to worry when things do not go as planned and, it is good to do evaluations and make adjustments where strategies are not yielding the expected results.

Sometimes our fails are so big, discouraging, and embarrassing or, we doubt ourselves so much such that we are tempted to take the easiest way out of our discomfort, giving up. Many of us have been there and have probably given in to the temptation at some point.

The question is, are you aware of how much is at stake as you give in to the urge to quit? It does not only mean the death of a dream, but it also affects you psychologically and makes quitting a lot easier in the future.

Quitting is an indication that we have lost an inner battle. Sometimes we give up when we are closer to our dream than to where we started. Think of what Milton Hershey would have missed if he had given up after his third fail.

Milton Hershey started three candy companies before Hershey's. Everyone knows Hershey's chocolate, but when Milton Hershey first started his candy production career, he was a nobody. After being fired from an apprenticeship with a printer, Hershey started three separate candy-related ventures and was forced to watch all of them fail.

In one last attempt, Hershey founded the Lancaster Caramel Company and started seeing enormous results. Believing in his vision for milk chocolate for the masses, he eventually founded the Hershey Company and became one of the most well-known names in the industry.

Of course, there are cases where it may not be wise to continue chasing a certain dream, changes in the market for example.

But, if you are to let a certain dream go, do not let it leave your bag of dreams empty. Dream even bigger and work even harder and smarter.

Below are five signs that you have a quitting habit; Unwilling to try a task or stick with it, fearing failure or making a mistake:

“
*It always seems
impossible until
it's done*

Nelson Mandela

”

1

You Are Easily Discouraged When You Face Setbacks And Give Up Without Confronting A Problem

This is common among people who doubt themselves or expect to have everything easy. They normally have a skewed view of reality or think that they do not have what it takes to make things happen.

If you are one of those people, here are things you actually should be quitting; thinking that everything has to go smoothly and the idea that you are not good enough or something is not meant for you. Face your problems and find ways around them.



Fitting Yourself Into Other People's Stories

Sometimes we listen too much to other people's stories and make them our reality. We spend time with people who do not help us grow. Let's say your friends have walked the same journey and have failed.

How about you learn from their mistake and use them to improve your strategies? It does not matter how much you have in common with your friends. You are walking on different journeys.

Draw boundaries as to how much of other people's lives can affect you. You are different and your experiences will be different according to your gifts and purpose.

3

You Always Have Excuses

Quitters often have reasons for not pursuing a certain dream or not making things work. They use excuses like 'everyone is having it hard', 'I was resisted' or 'I have too much on my plate right now' among many others to cover up for choosing to stay in their comfort zone instead of confronting their issues.

Remind yourself, you might succeed in fooling everyone and yourself but, no one will stand up and make your life better for you. Do not entertain fear and feeling inadequate. Do not stop when resisted. It could just mean that it is not time yet or it is not where you are meant to be, or that you were misunderstood.



Craving Instant Gratification

4

You want results now, whatever you do must start paying as soon as you start. With that mentality, you cannot have the patience to let something grow.

5

Overthinking

Over thinkers often see more than is necessary. They often have a problem with every idea and can dismiss some ideas without even trying.

As much as it is good to consider our strengths and weaknesses as well as opportunities and threats, we shouldn't let them be our obstacles themselves. Thinking at that level should help us identify possible obstacles and be prepared to deal with them.



“

When you get into a tight place and everything goes against you ... never give up then. For that is just the place and time that the tide will turn.

Harriet Beecher Stowe

”

STEP FIVE

The Big Picture

In order to create your focus for the next 90 days you have to start by thinking of the big picture - where you trying to get to. So, to start things off, stretch yourself really big and think about what you want your life to look like in 10 years time.

I know this feels like a loooooong time away, but it's good to think about it. Yes, things might change within that time, but practising creating the future is always a good exercise to get better at !

Take some time and think about what your life will look like in 10 years.

What will you be doing ? What will things look day-to-day? try and get as clear as you can

STEP FIVE

The Big Picture

Now you have clarity around your 10 year vision, take time to think about where you want your life to be in 3 years from now. What does it look like? Where do you want to be? Have fun thinking about this and write it all down

Finally, let's look at where you want your life to be 12 months from now

What does it look like? What have you achieved? Where are you at? Get as clear as you can about what you want and write it down ...

HOW TO GET RID OF YOUR QUITTING HABITS

CHAPTER 8

If you are tired of giving up on your goals, relationships, work or even you do not despair because that is a positive sign that you are about to turn your life around. That is because the first step to getting rid of any bad behavior is by acknowledging that you need a change.

Getting rid of your quitting habits and achieving what you want demands that you have confidence in yourself as well as your ability to change. You have to move from an “I simply can’t get rid of this” attitude to an “Every bad habit can be replaced with a better one” attitude.

Find Out What Normally Causes You To Quit And Avoid Giving Up When You Shouldn’t

Why do you want to quit? What causes you to want to quit? Finding out the most truthful answers to these questions and addressing them can help you continue working on your goal and keep you from giving up.

Once you ask yourself these questions you may be surprised at the reason behind wanting to quit. You may have had a heated argument with your coworker concerning the project you are working on. Maybe you are failing to agree on the next step to take and you feel leaving is the best thing for you.

However, if you look at it objectively and with a clear head, is failing to reach an agreement or arguing a tangible reason for quitting?

The best thing you can do when you feel like calling it quits after an argument is to give yourself enough time to breathe and reflect on the disagreement when you are calm enough to think objectively. This will save you from making what may turn out to be the worst mistake later on.

“

Courage is not having the strength to go on; it is going on when you don't have the strength.

Theodore Roosevelt

”

Remember To Stop And Reflect On Why You Are Doing What You Are Doing So You Can Make The Right Decisions

The main reason why quitting has become a habit is that you allow your feelings to get in the way of making sound decisions. When you feel you were not treated fairly or when you feel you don't have the strength to continue working on your relationships, etc. you fail to remember the importance or significance of what you are doing.

However, if you refuse to let your emotions interfere with your work, life, or decisions you will be able to think objectively and to make the right decisions. Think about that the next time you feel like quitting.

Instead of giving up on starting that new project or continuing with that Degree, stop and reflect on your reasons for engaging in that particular work or field of study in the first place. The reason you started is good enough to keep you going.

Surround Yourself With Resilient People So You Can Adopt Their Positive Traits

Surrounding yourself with strong-willed people who never give up will motivate you to become more like them and it is one of the most effective ways of getting rid of your quitting habits. If you spend most of your time with complainers and people who never stick to their goals you will learn their habits and assume quitting is normal.

Understand That Pausing And Resting Is A Necessity And It Doesn't Mean You Are A Quitter

Never underestimate the power of pausing from your work and resting when you are supposed to. Your quitting habits may have been brought on by the fact that you work overtime, or you have dedicated 99 percent of your time on “making things work” to the point of failing to slow down and relax.

Overworking yourself and not giving yourself enough time to rest will force you to think you have done all that you possibly can and the only option you have is to give up.

Disconnect from what you are working on for a few hours and give yourself enough time to rest and recharge. If you do that you will be amazed at your productivity levels the next time you continue.

Keep in mind that resting is a necessity. It does not mean you are a quitter.



STEP SIX

Your 90 Day Plan

Now you have clarity around your vision, we can take that and turn it into a plan for the next 90 days. It's simply not possible to create an amazing plan for success if you don't know the big vision of where you're trying to get to.. you wont have a clue what to focus on!!

So, first thing first, think about the next 90 days, what would you love to have achieved by the end of it? As much as I want you to stretch yourself, I also want you to be realistic and laser focused. Don't try and cram everything in - it's a recipe for getting stuck and not making progress you want. It's also important that you base your 90 days plan off of your bigger vision, so think about the next 12 month and what you want to achieve and ask yourself, "**What do I need to do to get there? What do I need to grow?**" Based on those answers plan your steps for the next 90 days

Have a think and write it all down...

CHAPTER 9

NO ROOM FOR QUITTERS

Quitters walk around miserable having given up the love of their lives because of minor disagreements and pride. They can't understand why it happened and so they move on to seek new love only to start missing the real deal that they had but gave up on.

There is usually one justification if not another like "He didn't fight for me" or "things were no longer exciting" or maybe, "the ball was in her courts, she needed only to apologize to me and we would have solved all this" I have seen this one too many times, it does not look good, don't be found there.

Do not be a quitter in love. Do not raise unrealistic expectations for yourself or partner that could frustrate your efforts to enjoy life together.

If you have found that one person who understands you with little or no effort, enjoys your company and makes you most happy then gracefully take each day as it comes and stay determined to conserve the beautiful thing you share.

In the upper room of well-established and mutually beneficial relationships and marriages are no space for those who take off at the slightest sign of trouble. A constant process of growing and learning yourself and your partner requires much patience. Disagreements are a part of even the loveliest of relationships, not to be taken as deal-breakers.

I know an excited young lady who was convinced that she was not cut out for a regular job but was a “musician in a teacher’s body.” After a few months of this new revelation about herself, she left her teaching job which she said was chaining her down and assassinating her creative potential.

Today she is neck-deep in debt and regretting her rushed decision. Is it wrong to find yourself and follow your passion? Definitely not but do not be a quitter with no plan. Look at your current job as a sponsor for your dreams if it is providing you with your immediate needs while you invest extra time to work on your preferred talent then resign organically.

At the end of this spectrum is a bunch of people that have resigned from imagining greater things but have been swallowed up by jobs and lifestyles they hate. Do not be one of those either because they too are quitters.

They bailed out on their ambitions and the truest versions of themselves. Every now and then they think of what could have been and cringe as they face the reality of what they became as a result of settling for less.

The rare breed of exceptional individuals that are loved by most people because of their warm personality didn’t all have it all from the word go. Most of these people have had to unlearn many poisonous mentalities passed on to them in their younger years in order to embrace new winning ones.

You too can become that excellent person you imagine yourself to be only if you wouldn’t give up on trying each time your undesirable character showed up when you thought you were done with it. You may need to fall a thousand times before becoming the new you, keep on at it!

Many parents in this generation are determined to become better than their predecessors. You could be one of those, ever looking for better ways to encourage your children without much scolding, spankings or beatings as was the norm in traditional parenting but find yourself failing time and again and doing that which you hate. Do not stop attempting just because it is harder than you anticipated.

In your field of expertise are amazing leaders who seem to know it all. You aspire to be as they are, but you cease to study and do due diligence in research whenever things don't make sense? You have a long way to go. The sooner you realize that so-doing only delays your destiny the earlier you can also climb up the ladder to become as they are.

If you are a student, talk to those who have gone before you and victoriously passed on to the next level for motivation. Do not listen to those who failed and gave up. See yourself not only graduating but doing so at the top of your class.

*Only those who dare
to fail greatly can
ever achieve greatly.*

Robert F
Kennedy

Whatever it is you are going for, make it your plan to make it big. At every mountain top are tenacious people who had more than a single chance to give up and give in.

Do not be deceived when you see them shine up there to think natural talent alone got them there, very rarely is this the case. Be encouraged to know that even you can get there with focused determination. Claim your place also by developing the character to win.

CHAPTER 10

*“Perseverance is not a long race:
it is many short races one after
the other.”*
Walter Elliot

PURSUE YOUR DREAMS AND SILENCE THE NOISE

I know a young and successful entrepreneur whose mother told for the longest time that she would not amount to anything but would get pregnant early and throw away her future. She constantly heard it being said to her that she was a bad example to her younger siblings and that her mum wished she had never brought her into her home when she remarried.

Maya (the lady in question) was born as a result of her mother's first unhappy marriage and perhaps that was the reason, she became a victim of all that emotional abuse. She however always felt it in her heart that she was going to be a great person, well-known in society and that she became.

When asked how she managed to see a picture so beautiful and totally different from the one painted by her mum she replied, “Of course I was deeply hurt by the daily negative words but with time I learned to tone down her voice. It took me convincing myself that the unkind things said to me were untrue to finally succeed in phasing them out of my imagination”

Why parents, guardians, and sometimes siblings feel the need to crush the very people they should be supporting is a broad topic worth thoroughly researching but reality shows that for different reasons they do. You may have had first-hand experience of such down talking that got you so demotivated you stopped trying to become the success you initially thought you could be.

Maybe you even saw yourself slowly fit into the ugly mold they crafted for you with their words but there is good news for you: you can learn to silence the noise that was administered into your mind which later began to affect your imagination. You can learn instead to create your beat and begin to dance to the tune you enjoy.



Dare to challenge the soundness of the things you have been told by other people. Most people voice their opinions coming from biased perspectives, why then would you let your life be shaped by these? Know you not that you have the final say concerning the direction your life takes and your destiny?

In the fight to realize the picture you have of yourself and your future, you need to discard all other images that don't align with your belief. Decide what your truth is and count all contradicting statements as lies.



Sometimes the problem causing you to lean so much on what other people say to you lacks confidence or thinking too highly of them than you should. When you believe they are wiser, more observant, or better judges of character then it follows that you begin to take what they say as true.

Why don't you believe yourself to be those things instead? Why won't you take on a new mentality that assumes that you are powerful, wise, and certain of what you want in life?

Noise may come from within sometimes. Some people are champions at taking shots at themselves! If that is, you then now are the time to stop. You can consciously decide what you entertain in your thoughts and what needs to be fired from them immediately.

If for example you are working out and eating healthy so that you lose weight and yet daily, you tell yourself that you are fat and unattractive then you are shooting yourself in the foot.

Indeed, it may be that you aren't even aware of the disempowering thoughts and words you have about yourself because you have repeated them enough times that they have somehow become a part of you. Take time today to assess the thoughts you have of yourself and actively discard all the negative ones.

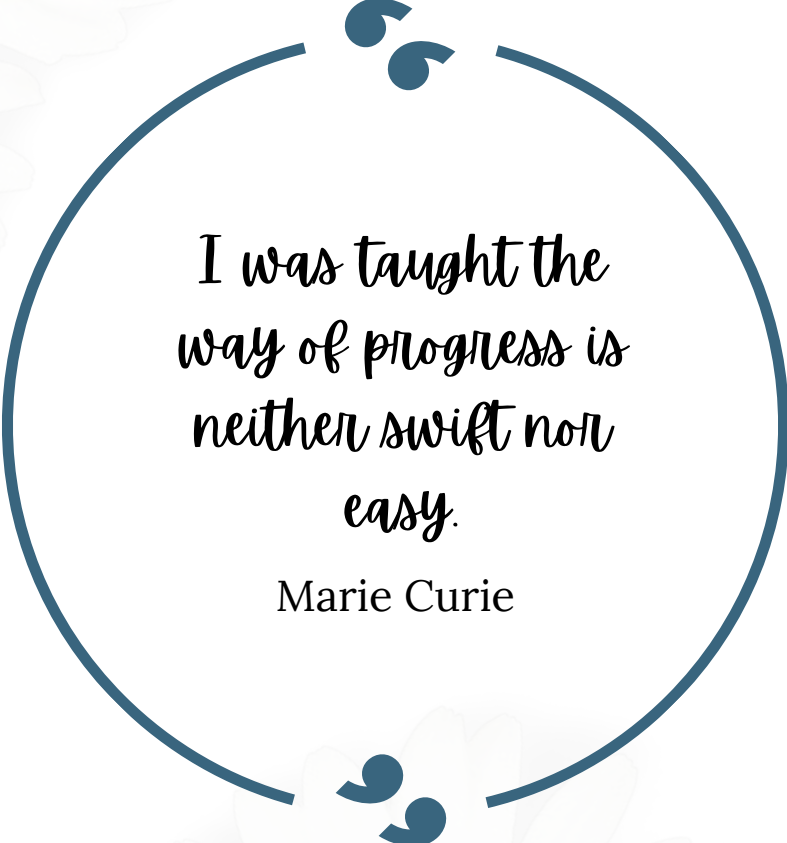
Be merciless when it comes to shutting out all the noise within and without. Have you ever tried to listen to a radio station a couple of Hertz out of its perfect frequency? The unwanted noise competing with the 'good' noise you wanted to hear was agitating, wasn't it?

Increasing the volume didn't help either because it made the noise louder as well. It is the same thing in your life. You need to silence the noise that competes with the melody of your dreams.

This, like most things in life, is a process. Your diligence determines your speed in the sense that if you chase away a thousand negative thoughts meant to cripple and dissuade you from running your race today, tomorrow you may need to cast away nine hundred and ninety such thoughts.

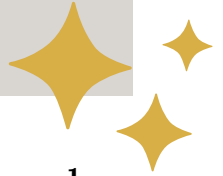
The following day they would become less as your mind got accustomed to the new way of thinking that is positive and progressive. You cannot give up until you get to that place where the dominating notions are positive.

Consistently declare the goodness you want to see in your life even when negativity stares you in the eye. Do not be intimidated.



*I was taught the
way of progress is
neither swift nor
easy.*

Marie Curie



Avoid the temptation to add lots of things to your list and working on more goals than what you've defined above.

Now you have your big priorities for the next 90 days, you can break each one down into smaller steps, so you know what you need to do and when you need to do it .

Plan your months, weeks and days based around these priorities.



.....

USE THE PLANNERS BELOW TO HELP YOU











.....

MY QUARTERLY Milestones

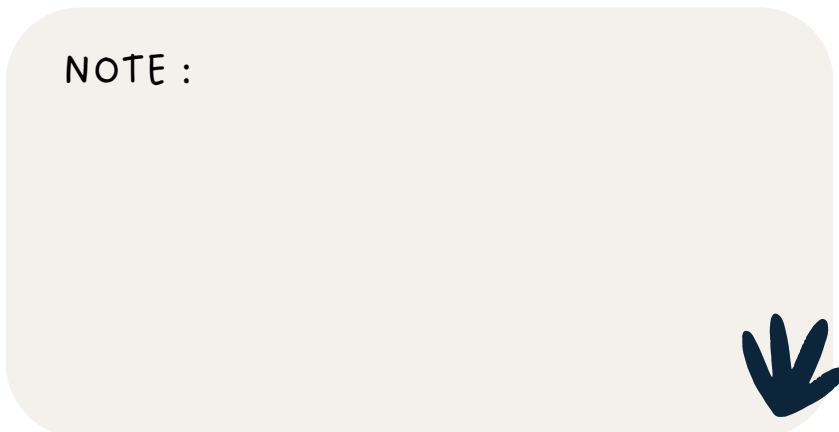
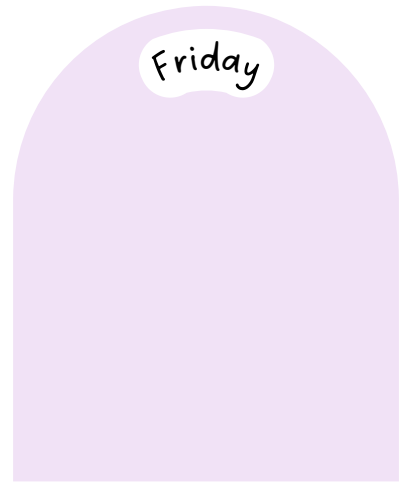
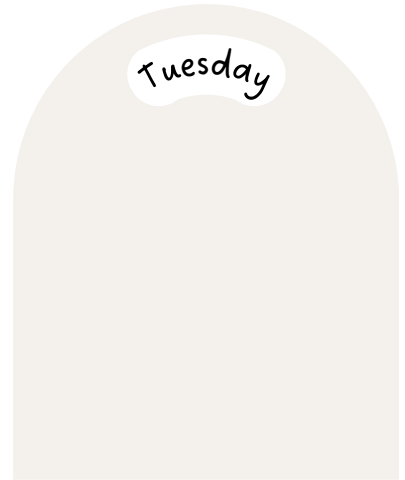
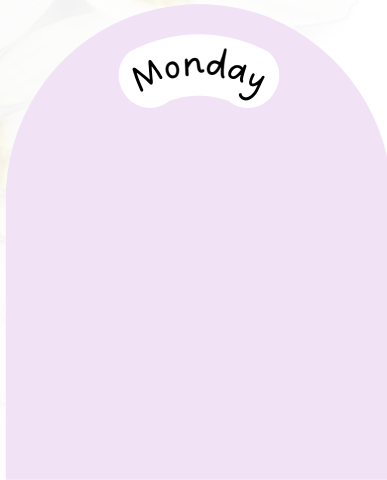
Take what you've written above and priorities it all.

I want you to come up with your top 3-7 Quarterly Milestones - goals you want to achieve with in the next 90 days.

In the box next to each goal , assign a due date for when you want to have achieved it by.

MILESTONE:	DUE DATE:
	
	
	
	
	

MY WEEKLY Planners





CHAPTER 11

THE DIFFERENCE BETWEEN LETTING GO AND QUITTING

Letting go of something that isn't working does not mean you are a quitter nor does it mean you are someone who gives up easily when things fail to turn out the way you want them to. "Let it go" is the best advice you can ever get when you are trying to hold on to something that isn't benefitting you in any way.

Quitting is when you cease to do something that will benefit you in the long run because you feel you have failed too many times or because you think you don't have what it takes. Nothing good can come out of giving up on something that you have worked extremely hard for or something that can effect positive change in your life.

Of all the many disappointments Jack Ma confronted in his life, getting rejected from 30 jobs was probably one of the worst. He applied for a job at KFC and was the only candidate whose application wasn't accepted.

At some point in his life, Jack Ma decided to start his own businesses and let go of seeking employment. Some of the companies he started failed, but he became extremely successful because of the other companies he built.

Today, Jack Ma has a net worth of over \$43 billion. He is one of the most highly influential people in the world, has many outstanding awards in business, technology, and academics. He is also the co-founder and former executive chairman of Alibaba Group.

Ma knew that letting go of something that isn't working does not mean you are a quitter. He let go of seeking employment after deciding to create employment and today over 100 000 people have jobs because of that decision. He kept working on his businesses when other businesses had failed because he wasn't a quitter.

Letting Go Is Necessary If You Are Going To Grow And Develop In Your Life

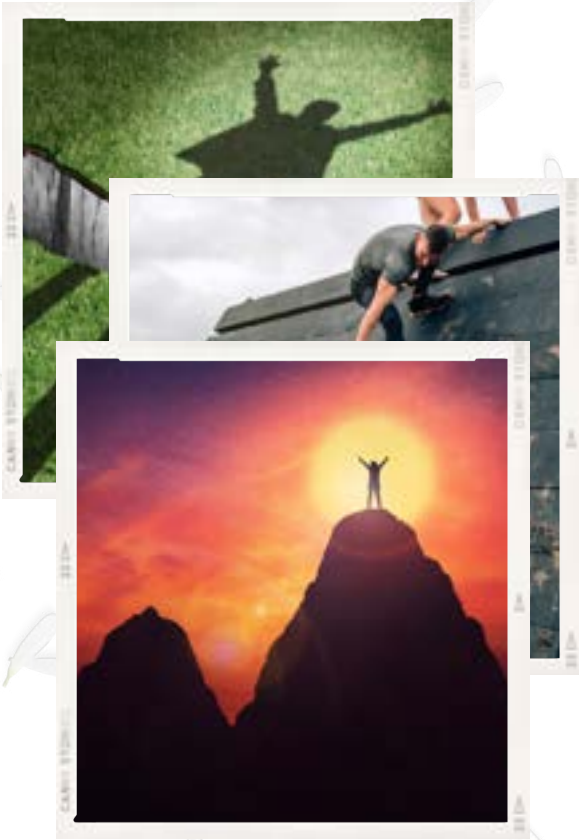
If you are trying to save a relationship that is hindering your growth or one that's lowering your self-esteem and causing you to doubt your strengths, you need to let it go. Refuse to dedicate your time and strength in things that do more harm than good.

If you are still unsure of what your decision to quit your job, change your field of study, or continue working on your relationship means, here's what you need to do:

“
Character consists
of what you do on
the third and
fourth tries.

James A. Michener

”



1

Consider why you want to stop doing what you are doing. If you want to resign from your job because you are investing more than you are getting out, then that's not quitting. If you have received a better offer go ahead and move on without any feelings of guilt.

On the other hand, if the reason you want to quit working on that big project you were once excited about is that you are tired of failing, going ahead with your decision means you are a quitter. It does not mean you are letting go of something that isn't working.

Find out if the choice you are about to make is going to bring positive change in your life. If you are thinking of ending a relationship you have been trying to work on for years without any success walking away does not mean you are quitting on your partner.

2

It means you have realized the importance of not only looking out for the person you are with but the need of looking out for yourself as well. If it will bring you peace, a sense of relief, and the drive to go after your dreams like you once did, you need to let the relationship go.

THE RIGHT TIME TO LET GO

CHAPTER 12

“Success is not final. failure is not fatal. It is the courage to continue that counts.”

Winston Churchill

There comes a time when you have taken in all the motivation you could and stood your ground for the longest time in persistence for your goals. When the resources you had dedicated to the dream have run out and you stand at the crossroads wondering whether to turn to the left, to the right, or to continue in the way previously chosen.

You long for a clue to help you decide if it is still a fight worth risking more blows to your face and kicks in the stomach. You realize that life doesn't last forever and that you need to make a decision quickly. Sometimes it takes courage to quit because mostly when we do, it feels like we have failed.

When should you resign as a result of things not going well? When is the right time to give up on something that causes you more harm than good? Is it even a good consideration to give in after all your effort to the goal?

While there may not be a definite one-size-fits-all answer to your dilemma, you will find that the following tips are helpful:

“

Let me tell you the secret that has led to my goal. My strength lies solely in my tenacity.

Louis Pasteur

”

Trust Your Gut



Find yourself, take some time out to be quiet so that you listen to your heart. Many times, we get into serious trouble simply because we ignore ourselves. We look for solutions and guidance from other people without ever giving our very own true being a chance to be our compass.

The truth though is that no one else knows you as you do yourself. You may find people that understand you deeper than others because they have studied your behavioral patterns but even these cannot compare to your inner being that understands the underlying reasons for these behaviors.

Before you put a halt to your mission, therefore, search yourself first. Ask yourself questions such as, “Why did I start this in the first place? What is my desired outcome in the next coming month, year, five years, etc...? What are my values? My fears? My passion?” Answers to such questions will cause you to find direction from within.



Are You Being Profitable?

Many business start-ups make losses at the beginning then break-even before becoming profitable. Diligent owners usually anticipate this before it happens and for this reason, aren't perplexed or moved when it does. Ask yourself where you stand. If you are following a predetermined course that looks like you are losing in the present, yet you are sure of unprecedented success in the future then there is no reason to call it quits.

A simple example of such a scenario would be when you are seeking forgiveness from a loved one that you hurt. If you understood the stages of grief and the healing process you wouldn't snap at them at the time when they were still angry at you and possibly insulting you or not giving you a chance to explain.

You would allow them to go through that phase knowing that once they accept what happened they would begin to warm up to you again. If, however you cannot even imagine a turnaround of an unpleasant situation and it has been lingering for some time then you may want to give up on it.

What If You Are Chasing Someone Else's Dream?



When such a realization hits you, stop right there, and immediately quit. Parents and guardians sometimes load their own unfulfilled dreams onto their children's heads which is very unfair. You may be in such shoes where your chosen profession for example may no longer be fulfilling to you then you realize the tragedy that it never was what you wanted.

This is a good reason to let go even if you took years and years building it up. Find that which is meaningful to you and stick to it, regardless of your age.

Other valid reasons to stop persevering and change gears include finding yourself fighting alone in love. When you are in a relationship where it is only you that apologizes and compromises then you are probably in a wrong one where quitting is justified.

Sometimes this letting go is but for a season while you gather up the courage to start afresh. Do not be ruled by fear of letting things go when they need to.

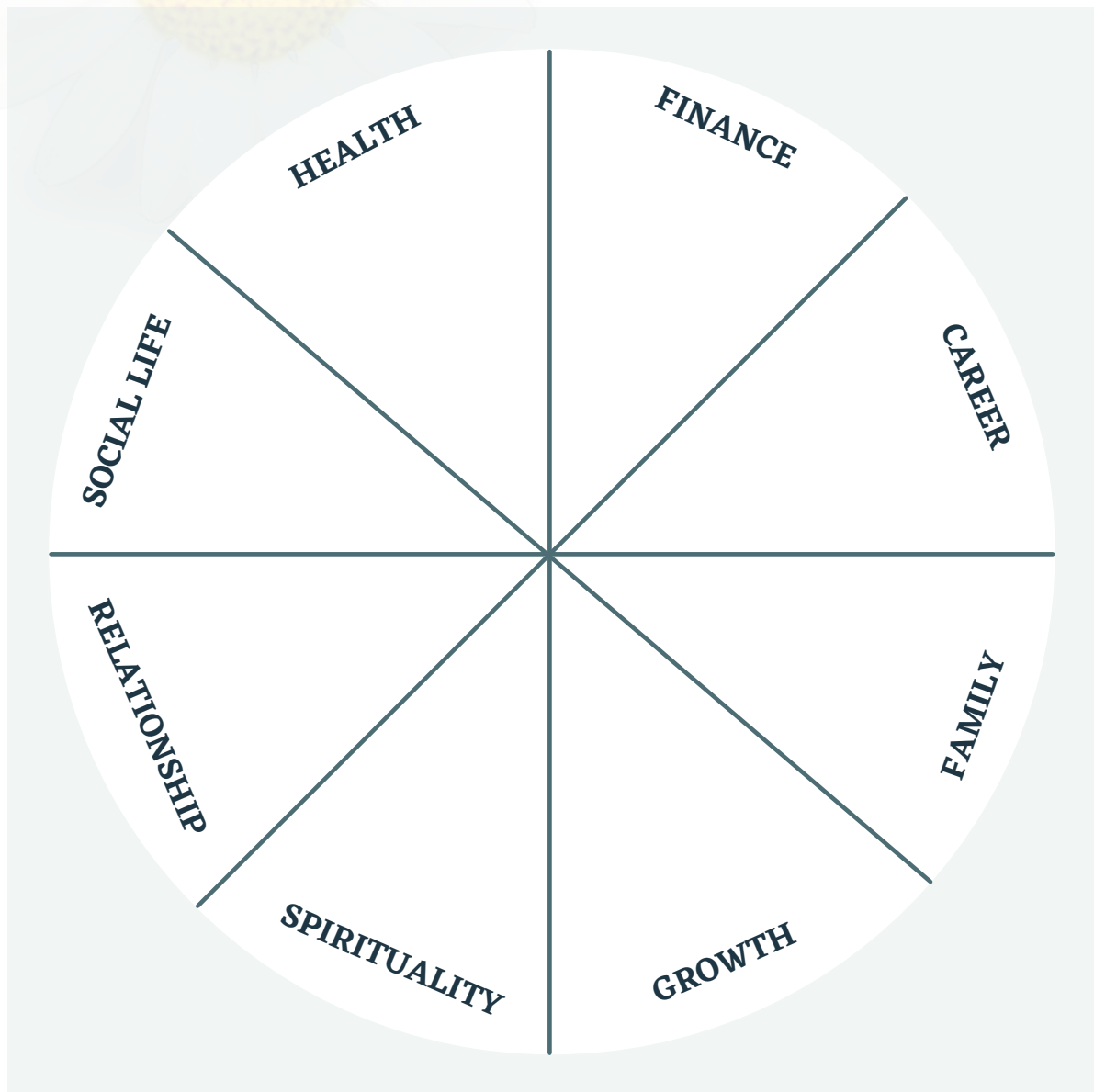
Time wasters are easy to notice if you just choose to be honest with yourself. Should you see yourself tied up to a practice, a person, or an idea that no longer has a purpose in your life: pause, put it aside, and pick on a new relevant one.

The only courage that matters is the kind that gets you from one moment to the next.

Mignon
McLaughlin

MY WHEEL *Of Life*

Assess your level of full for each these areas on a scale from
the wheel of life



MY TO DO *list*

Activities

Priorities

Goals

CHAPTER 13

7 THINGS YOU CAN DO TO CONTINUE WORKING ON YOUR GOALS AFTER DRASTIC FAILURES

Continuing with your goals after experiencing drastic failures is not easy and it may seem impossible. Nonetheless, there are quite a few things you can do to ensure you keep working on turning your dreams into reality no matter how many times you fail.

If you master the 7 things that have the power to help you remain motivated to continue reaching for your dreams you will be unstoppable. No form of failure can get in the way of succeeding in anything you do.

Look At The Failure From A Different Perspective

We all experience failure from time to time. The difference between quitters and those who continue working on their goals is that high achievers know that it doesn't matter how many times you fail. It only matters how you choose to respond to failure.

The world's famous high achievers reached their breakthroughs after experiencing drastic failures because they decided to never give up.

Steven Spielberg is an American film director, producer, and screenwriter who is one of the most famous producers and directors in film history with a net worth of 3,6 billion USD in 2020.

None of what he has accomplished would have been possible if he gave up on his dreams or himself after being rejected from the University of Southern California School of Theater, Film, and Television three times.

He knew what he wanted to accomplish and kept moving forward. Today he has won over 15 awards and he also co-founded DreamWorks pictures along with other great achievements.

Take Valuable Lessons From The Bad Experience

Every failure comes with an important lesson that can get you a step closer to your goal you just have to recognize what that lesson is. Thinking “What valuable lesson can I take from this” will always help you look at failure from a different viewpoint.

“
The man who moves
a mountain begins
by carrying away
small stones.

Confucius



Keep Moving



I understand how difficult believing in something that didn't turn out the way you expected is. Nonetheless, no matter what happens, you have to keep believing in what you intend to accomplish if you are going to make it happen.

Keep believing and keep moving even if it means taking the smallest steps. The little steps you take after a disappointment will add up in the long run and you will be grateful for them.

Do Not Let The Failure Define You

One mistake you can make after an awful defeat is to let the fact that you failed at what you were working on define you. If you do that, you will be blind to the things that you can change and spend most of your time thinking about the things you have no control over. Think of failure as a steppingstone toward your destiny instead of letting it define you.

Have A Strong Support System

Sometimes you need a good friend to tell you that everything will work out fine in the end. It is that kind of assurance that can make a huge difference in your life. Surround yourself with people who will be there for you when you need them and make sure you are there when they need you as well. Strengthen ties with people who are more inclined to say, “This is hard, but you can still come up from it” as opposed to “I told you it has never been done before.”

“

I don't know the key to success. but the key to failure is trying to please everybody.

Bill Cosby

”

Rediscover Your Energy And Zeal

What is the main thing that has the power to revive your spirits and get you excited about your goals or life in general? That is what you need to be doing when you feel you don't have the strength to go on.

If you are empowered by spending some time alone, try going on a vacation and make sure you completely forget about your distresses once you arrive. Your next best idea can come up when you are away from everything and just focusing on yourself.

Come Up With A Different Plan

Your failure may have been caused by the plan you have in place or your implementation of it. Consider coming up with a different plan or a different way of executing the strategy you already have in place. Sometimes all you need to continue working on your goals is a different approach.



*Develop success from failures.
Discouragement and failure are two
of the surest stepping stones to
success.*

Dale Carnegie

THE IMPORTANCE OF PERSEVERANCE

CHAPTER 14

“*Success seems to be largely a matter of hanging on after others have let go.*”

William Feather

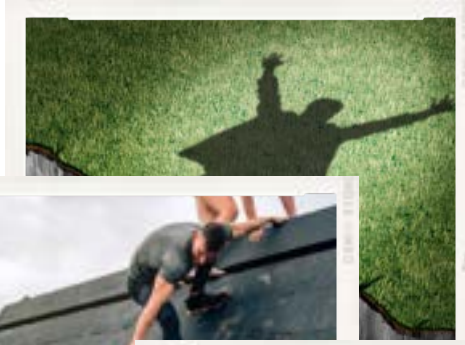
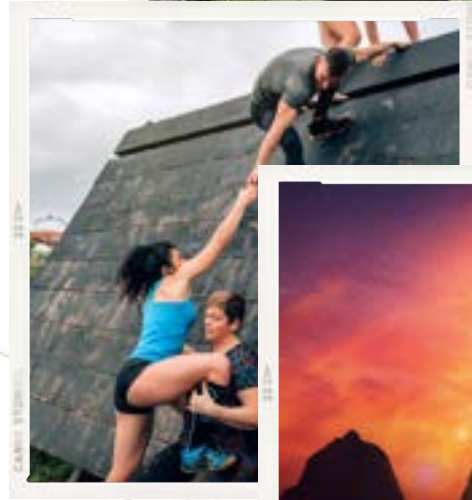
If success was accessible without hard work and determination, life would be uninspiring. It would be easy to commit to multiple pursuits because we would be overconfident in our ability to win at everything. The only problem with this would be difficulty in finding your niche and mastering a specific field.

Setbacks pave the journey to fulfillment and challenge us to fight harder for our dreams. Victory is always much sweeter if accompanied by stories of the struggle along the way. There is something about stories of persistence and perseverance that inspire one to put all the effort to assure victory.

1

Never Lose Sight Of The Vision

If your vision is important to you, you cannot quit at the first sign of resistance or rejection. Giving up often shows holes in your conviction. We wire our children to fight for whatever adds meaning to life. Your dream should inspire you to fight setbacks too.



It is therefore imperative to keep sight of the end goal at all times so that the stumbling blocks do not entice you to quit. If failure comes to a person determined to win at all costs, its impact is less likely to derail the vision. It becomes easier to pick yourself up, dust yourself up, and try again, which is the winner's mindset.

Do Not Camp Around Failure

2

Thomas Edison tried over a thousand ways to build a light bulb and failed every single time. We use electric light bulbs in this present age as a testament to his perseverance. Had he chosen to quit at the tenth or nine-hundredth trial, his name would never have held any significance in the history books.

Behind every success story is a series of failures. The idea is drawing lessons from each one to help shape the dream better. If at all you fall in any endeavor, do not get comfortable on the ground. Do not over-analyze or second guess your ability. Instead, use failure as a light that shines on what works and what does not.

When asked about the number of times he failed, Edison denied the label of failure and said he had just found a thousand ways to not build a bulb. Carry the same attitude and you will persevere.

3 Patience Pays

The Chinese bamboo tree grows from a hard seed which only breaks from the ground after five years. Imagine watering and nurturing a plant you cannot even see for five years. It is not a simple task. It takes a lot of patience and persistence to go through the whole routine year by year with no visible progress.

If at all you drop the consistency of watering the seed at any point, it dies. In the fifth year, the seed breaks through the soil to grow upward at the recorded rate of three feet per day, which adds up to the full ninety feet of the famed tree being recorded within a month. Five years of labor with no results is easily swept away by the one month of remarkable growth.

It is equally important to be patient with your personal goals. You may not see the progress in the first few weeks or months or years, but if you are consistent in investing in your dream, the rewards have no choice but to come. Never drop the ball when watering and nurturing that dream, lest it dies prematurely before you can see the splendor of the impending victory.

Ask yourself this question: 'Will this matter a year from now?'

Richard Carlson



4

Do Not Cave Even If You Are The Only Believer Left

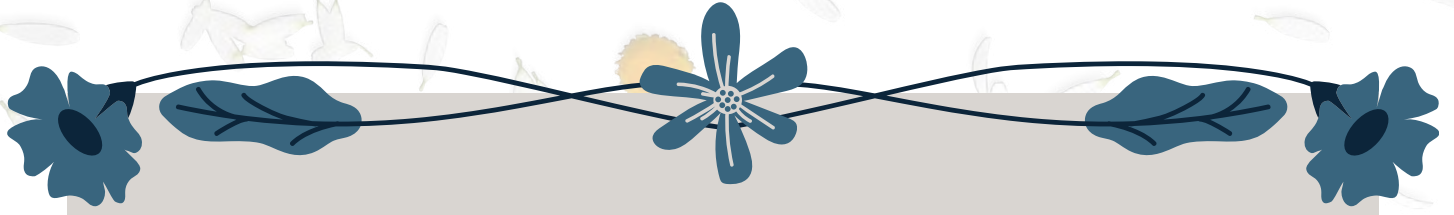
As humans, we often depend on our family, friends, and colleagues for moral support. Sometimes, things can take an unusual turn from what we expected. It could take longer to build the dream. The same support system you started with can start doubting your vision. It often starts with slight hints that gradually become amplified. They can end up telling you to try a different avenue just because they do not see immediate results.

Do not give in to those calls of defeat. If the vision is convincing, you would rather go it alone than give up because someone else does not believe in it. If you persist when they no longer believe, it is more rewarding when victory finally comes. The important thing is to stay the course no matter how people around discourage you.

Quitting will always seem easier in the face of adversity, but easy always comes at a price. Giving up will always cost you as regret follows closely on its heel. You do not want to live with regret because you did not dare to push towards your dream.

Never stop doing what you love because you have encountered a snag in the race. Obstacle courses are more fun anyway.

MY NOTES



A large, empty rectangular area with a light beige background, intended for writing notes.

Thank You

LET'S STAY
CONNECTED!



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