

perseverance

persistence in doing something despite difficulty or delay in achieving success

The most worthwhile projects often lead us to our biggest challenges. Think back to the moments in your career when you felt most accomplished and fulfilled. These feelings probably didn't come because you sailed through without resistance and scored an easy success. They're directly tied to overcoming challenges, navigating setbacks, and persevering through adversity.

What is Perseverance? Perseverance is determining to keep on going in the face of setbacks and challenges. It is that inner drive that keeps you in the game when everything else says it's time to quit. Perseverance is a series of bridges for crossing the rivers of adversity as you pursue your vision and success. It is the staying power to follow through and exert effort till the end to achieve your goals, dreams and vision.

Practicing Perseverance For most people, the typical journey to achieving success spans over a number of years sometimes even decades. There are those lonely moments where no matter how much effort you put into your success journey you seem to be spinning wheels and there is minimal if any movement. It is tempting to get discouraged and wonder what the point of going on is. Worse still when you look around it seems as if others are making good progress on their goals.

What should one do to keep on going? How do you cope with the frustration? One thing to remember is that many people who have succeeded have endured hardships, challenges and failures at some point in their life. They kept going because they were determined to make a difference in both their lives and those of others.

*Should you quit when others are quitting?
Should you quit if you are not achieving your goals fast enough?
Should you quit when you face obstacles?
Should you quit when you doubt yourself?*

The answer to these questions and others similar to them lies in answering the following two questions - How much do I want to succeed in life? How hard am I willing to work for my dreams? When your dream means everything to you and you believe that you can succeed then by all means keep on going.

Having a Clear Vision There are very few overnight successes. Most people have to put in the work, put in the time and go the distance. Persevering is easier when you have a mental vision of where you are going. Just like when you set out on a road trip you need to chart out on a map of where you are going and how you will get there.

Similarly in life we need to have a mental map of what we want to achieve and accomplish for both our personal and professional lives. A written down and clear vision helps you to be organized and it helps in aligning your short term-term and long term goals and activities. What you want to achieve should be very clear in your mind.

Handling Setbacks Keep pushing and enjoy the process of working towards your goals. The more you persevere, the better you become at it. When one door is closed ask - is that really the only door? In the pursuit of success, challenges and setbacks are ever present like ocean waves lapping on a beach, the waves come and go, come and go, over and over in cycles. Sometimes the wave is hard and fast and sometimes it is soft and gentle.

These are the delicate moments where you take a pause, assess and identify the problem. Remain calm as you analyze the situation. Whenever possible break down problems into smaller steps and figure out a plan of attack. On the other hand, to avoid getting overwhelmed by setbacks, it pays on a regular basis to take good care of your health. This contributes to your ability to persevere during stressful circumstances. By eating well, staying hydrated, exercising and resting adequately, it positions you to be sober minded in assessing challenges and their impact on your progress towards success.

Cultivating a Supportive Network Ask for help when you need it. Have a trusted confidant to talk to, open up, and share your feelings. Sometimes just talking through helps, it can also stimulate brainstorming for solutions and bouncing ideas around. Surround yourself with a network of supporters including family, friends, colleagues and neighbors who will be your cheerleaders. This team will support you, encourage you, check up on you and cheer you on towards the finish line.

Whenever you feel overwhelmed and anxious by how much work and time it will take to accomplish the big picture, take a moment to reflect on and appreciate the progress you have already made.

Don't compare yourself with others; everyone's journey is different, instead be inspired by others.

At the end of it all, victory is sweeter after conquering challenges.



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