

Session 8:

Persistence &

Perseverance



PERSISTENCE

“Ambition is the path to success. Persistence is the vehicle you arrive in.”

– Bill Bradley

If there is one quality that differentiates successful people more than anything else, it's that they persist. They keep working toward their goals no matter what. They never quit. When faced with obstacles, they keep going, they keep trying new things, and they keep at it—until they reach their final goal.

Practicing persistence means that you have to continue taking action toward your goal despite the challenges, difficulty, setbacks, or temporary failures you encounter along the way.

And the fact is, you will almost always face challenges. They are part of the process of achieving anything worthwhile. There will be times when you may feel discouraged, and you may even be tempted to quit. But to make sure you persevere and don't quit, here are three things you can do to be prepared for those times when you feel like giving up:

- 1) Acknowledge and accept that having to deal with challenges and difficulties is a natural part of the process.
- 2) Be ready and willing to respond to any challenges that arise and make any necessary corrections based on the feedback you receive.
- 3) Be prepared with a Plan B. Take time before you begin to think of all the obstacles that could come up—then formulate a plan for how you will respond to each one, if they should occur.



TRACK RECORD

In the spaces below, list three of the most significant times you've persisted in the face of obstacles and challenges before reaching your goal. Recall those times when the going got tough, but you got tougher, and you persisted and succeeded.

1) **Think of a time when you persisted and succeeded.**

A. What was the challenge?

B. What did you do to persevere?

C. What did you achieve?

D. What did you learn from the experience?

2) **Think of a time when you persisted and succeeded.**

A. What was the challenge?



B. What did you do to persevere?

C. What did you achieve?

D. What did you learn from the experience?

3) Think of a time when you persisted and succeeded.

A. What was the challenge?

B. What did you do to persevere?

C. What did you achieve?

D. What did you learn from the experience?



PERSEVERANCE

Think back to the beginning of this program, just 4 short months ago. What were your biggest hopes for this course? What goals did you want to achieve? If you still have it, go back and look at your homework from Session 1 and reread what you wrote for your 4 Month Outcomes.

It's time for some honest reflection. This session does not mark the end of your journey. It's simply an opportunity to check in with yourself as you continue on your path toward achieving your dream life. Perseverance doesn't look like perfection, and success is rarely a linear path. Rather, it's full of twists and turns—times where you feel amazing and times where you feel like you can't get yourself motivated for the life of you. So if you've struggled with keeping your commitments during our time together, this is simply another opportunity to recommit yourself to the journey.

Did you achieve your goals? Why or why not? What contributed to your success or lack of it?

What will you do differently now that you've had this awareness?



Are you willing to recommit to the work necessary to achieve your goals now, if you haven't yet? Specifically, what changes are you committed to making in order to be more successful?

What are the potential obstacles that will show up?

How will you prepare in advance for when those obstacles arise?



WHAT'S NEXT?

As our time together comes to an end, we want you to identify what's next for you. There is a little over 2 months left of 2020, so we'd like you to decide on one area that you are committed to improving for the next two months.

Spend some time journaling all the ways that you can think of to improve this one area of your life. Get creative. Write down anything and everything that you think could help you create a higher level of satisfaction in this area.

Of everything you listed above what are three specific actions that you could commit to that would make the most significant positive shift in this area of your life?

1.

2.

3.

Of these options, which one are you 100% committed to doing over the next 2 months to improve this ONE area of your life? Remember, research has found that implementation intentions don't work as well if you try to improve multiple habits at the same time, so commit to significant, tangible results in just ONE area.

