



Keys to Success - Perseverance

Keys to Success: Perseverance

Achieving your goals is hardly ever an easy journey. If it were easy, we'd all already be there. One of the keys to success is, without a doubt, perseverance. With improved perseverance you'll have that extra push from within to *try, try again*.

Humans have the tendency to want to control everything. Since there are always situations that can't be controlled, suffering occurs. Unfortunately, this suffering can't be escaped. Your goal should never be to avoid mistakes at all costs and seek control. Your goal should be to ***strengthen your perseverance by effectively dealing with the situation when things go awry.***

Keep these tips in mind as you strengthen your perseverance:

- 1. Never Give Up.** When you have an ultimate goal, ***you owe it to yourself to completely follow through.*** There are going to be plenty of bumps in the road. Don't let any of these bumps bring you down. Always be seeking new ways of approaching problems.
- 2. Seek Out the Positive.** When things have become overwhelmingly negative for you, seek out positive things in your life. You might want to surround yourself with loved ones or watch positive movies. You definitely want to seek out situations that'll promote your optimism and enthusiasm.
- 3. Take Action and Responsibility.** Do whatever you can to inspire yourself to take bold actions toward your goal. Fight the urge to procrastinate or settle for less. Thinking about your goals is simply not enough; you need to start somewhere in order to get yourself there. You can't wait for some sign or higher power to get you to where you want to go, you must be willing to take action!

4. **Get Help When Needed.** Be wise enough to know when a situation warrants help from others. You don't need to take every single thing into your own hands. Instead, choose to follow advice from the people you trust or the experts in your chosen field. Flat out ask them how they've maintained the drive to keep going.
5. **Know Your True Self.** Knowing yourself and having organized thoughts can improve your perseverance. When you know where you're going and the steps you need to take to get there, that's half the battle. That's why you need to take the proper amount of time for self-reflection. ***Know the true ins and outs of what you want and exactly why you want it.***
6. **Stop Bad Habits.** Do everything in your power to put a stop to bad habits. If there are certain behaviors you've identified that are keeping you from achieving your goals, you need to get rid of them. This could be simply negative thinking or you might be fighting procrastination. When you concentrate on each bad habit individually, you'll be better able to deal with the problems that might exist.
7. **Concentrate on Stress Management.** Stress management and your level of perseverance are definitely related. When stress overwhelms you, it clouds your current thinking and brings on negativity. Your perseverance can't flourish in a negative environment. You must first conquer any problems you have with stress so you'll be better able to reach your goals.

Step By Step

Perseverance is likely already a part of your life. You just need to bring it out and strengthen its existence. It all boils down to the power of thought. ***When you think you can, you will.*** When you think you can't, you won't.