

Session 10

VISION QUEST: WINNING THROUGH PERSISTENCE AND PERSEVERANCE

OBJECTIVES

At the end of this Session, you'll be able to:

- *Define persistence and perseverance.*
- *List and describe the five keys to developing persistence and perseverance.*
- *List and describe the five steps involved in turning setbacks, discouragement, and failure into positive learning experiences.*

BACKGROUND

Persistence is never giving up — never quitting — working relentlessly until your vision is achieved no matter how long it takes. Perseverance is persisting in spite of opposition, setbacks, and pain. It is learning from your failures and applying what you learn to the pursuit of your vision.

In this Session, you'll learn how to develop persistence and perseverance through understanding and applying five simple principles. You'll also learn how to turn setbacks and failures into positive learning experiences that will strengthen your character, solidify your will and get you closer to the realization of your vision and purpose.

PRACTICE

1. Listen to audio Session 10, "Vision Quest: Winning Through Persistence and Perseverance."
2. After listening to the narrator describe the principles of persistence, clearly define in your own mind the difference between persistence and perseverance.
3. While you are listening to the narrator describe the five keys to developing persistence and perseverance, list each of the keys in the space provided below.

1. _____

2. _____

3. _____

4. _____

5. _____

3. While you are listening to the narrator describe the guidelines for turning adversity into opportunity, list each of the five guidelines in the space provided below.

1. _____

2. _____

3. _____

4. _____

5. _____

POINTS TO REMEMBER

The Four Keys to Developing Persistence and Perseverance

1. Rekindle and re-fire your purpose and vision everyday. Draw daily inspiration from the rewards you'll receive when your vision is realized.

2. Anchor the following attitude deep within you mind and heart: "With self-discipline I can achieve anything that I set my mind to, no matter how much hard work it takes, no matter how difficult it is, no matter how long it takes. I can and will achieve it."
3. Realize that obstacles and setbacks will be set on your pathway as you strive to attain your purpose and vision. Realize that these difficulties are really opportunities from which you can learn new insights that will strengthen your resolve and increase your knowledge.
4. Turn your work into fun. Make what you have to do something you want to do.

Most people give up on their goals when they discover there is real work involved. Rather than dive right into the mainstream of work, they look for shortcuts. When they realize that the short cuts don't work, they give up. When you are faced with an obstacle or setback, believe that your problem can and will be solved — rather than surrender to failure. Develop the courage and maturity to face your faults and weaknesses and then correct them.

Failure is only failure if you fail to learn from it.

The emotion you draw from your vision is the sustaining power of persistence and perseverance..

PROGRESS CHECK

1. Write a brief description of how you'll develop the power of persistence and perseverance.

2. List and describe in your own words the five guidelines for turning a setback into a learning opportunity. Check your answer against what you wrote in the Practice section.

1. _____

2. _____

3. _____

4. _____

5. _____

3. The ultimate progress check is when you feel you can achieve anything you desire and achieve it with excellence through the power of self-discipline.

CONCLUDING THOUGHTS

The principles you learned in this program are based on powerful truths. They work! The only way you can achieve your heart's desire is by following these principles. There are no shortcuts or quick fixes tht will work for you. This program gives you the essential knowledge and tools you need to develop the incredible power of self-discipline.

Applied knowledge is power—and with his power you now possess the raw materials, master tools and skills to achieve anything to which you set your mind and direct your energy.

We wish success and joy in your efforts.