

POWER of PERSEVERANCE



HOW TO BREAK BARRIERS AND
ACHIEVE MORE WITH THE
POWER OF PERSEVERANCE

CHECKLIST

How to understand your inner strength

- ☐ What is perseverance?
- ☐ Uncovering your motivations
- ☐ Persevering mindset
- ☐ Role of self belief
- ☐ How to cultivate perseverance
- ☐ Create a spirit of resilience
- ☐ Understand the choices you are making
- ☐ Make choices for your own benefit
- ☐ Raise the standards of your work
- ☐ Figure out your purpose
- ☐ Start to turn your should into musts
- ☐ Developing inner strength is a must
- ☐ Bounce back from failures
- ☐ Believe in yourself no matter what
- ☐ Learn to adapt
- ☐ Change as needed
- ☐ Mindfulness
- ☐ Empathy
- ☐ Love
- ☐ Self compassion
- ☐ Gratitude
- ☐ Openness determination
- ☐ Generous
- ☐ Hard working
- ☐ Wise
- ☐ More fulfilled life
- ☐ Be unstoppable
- ☐ Goal visualization
- ☐ Make tough decisions
- ☐ Find a mentor
- ☐ Power of proximity

Overcoming Self-doubt and Fear

- Self-limiting beliefs
- Overcoming things that bring you down
- Embracing your fears
- How to propel yourself forward
- Positive self talk
- Boosting confidence
- Reframing techniques
- Practice self compassion
- Make self affirmations
- Know the causes of your self doubt ○
- Improve self doubt and more confident
- Don't compare yourself to others
- Spend time with supportive people
- Be mindful
- Remember your past achievements
- Change your self talk
- Focus on your desires
- Take action
- Stop comparing accomplishments
- Know the strengths you need for growth

Set Bold Goals

- ☐ Commit to yourself long term
- ☐ Set goals that are realistic but bold
- ☐ Flexibility is key
- ☐ Reach your biggest goals
- ☐ Make a plan
- ☐ Review your plan
- ☐ Compare your progress
- ☐ Embrace failure
- ☐ Permission to fail
- ☐ Tweak your plans continually
- ☐ Adjust your plans when needed
- ☐ Greater clarity with your goals
- ☐ You can never fail if you are trying
- ☐ Use SMART goals
- ☐ List your action items
- ☐ What can you realistically achieve?
- ☐ Always be in the growth zone
- ☐ Setting challenging goals to ignite perseverance
- ☐ Set a clear vision
- ☐ Be in action for success
- ☐ Embrace discomfort
- ☐ Go out of your comfort zone

Navigating Roadblocks

- ☐ Problem solving skills
- ☐ Tackle all your obstacles
- ☐ Unexpected setbacks are possible
- ☐ Knowing routes to success
- ☐ Harnessing your power
- ☐ Use your creativity
- ☐ Be resourceful
- ☐ Overcoming challenges
- ☐ Being innovative is key
- ☐ Achieving big bold goals is key
- ☐ Control your vision
- ☐ Dictate your road map
- ☐ Measure performance so you know where the roadblocks are
- ☐ Know your features
- ☐ Control the things you can
- ☐ Lose the things out of your control
- ☐ Shift the focus of your feelings
- ☐ Seek advice that is impartial
- ☐ Look forward
- ☐ Exercise gratitude
- ☐ Stay organized

Bouncing Back from Setbacks

- ☐ Understand how you can be more resilient
- ☐ Perseverance is the number one thing
- ☐ Handle setbacks with the right emotional capacity
- ☐ Don't get down after failures
- ☐ Be mindful
- ☐ Stress management is key
- ☐ Enhance your mental endurance
- ☐ Growth mindset is key
- ☐ Learning and growth are important

Building Mental Toughness

- ☐ Toughness
- ☐ Develop resilience in the face of adversity
- ☐ Be mindful
- ☐ Develop the right stress management techniques
- ☐ Work with a professional if needed
- ☐ Keep a journal to document your struggles
- ☐ Have more self-compassion
- ☐ Get out of your comfort zone
- ☐ Find those that support you
- ☐ Keep a daily routine
- ☐ Connections needs to be strong
- ☐ Mental strength is needed
- ☐ Find the silver lining
- ☐ Battle your anxiety
- ☐ Prepare for the worst-case scenario
- ☐ Less stress
- ☐ Motivation
- ☐ Get rid of procrastination
- ☐ Discretion
- ☐ Courage
- ☐ Adaptability
- ☐ Mental strength is everything

Harness the Support You Have

- ☐ Social support
- ☐ Those close to you can persevere with you
- ☐ Build a support network of mentors
- ☐ Get to know your peers
- ☐ Work with your allies
- ☐ Leverage teamwork
- ☐ Collaborate to overcome challenges
- ☐ Don't neglect those close to you
- ☐ Do activities where you can meet others

Thrive in the Face of Adversity

- ☐ Embrace a more long-term perspective
- ☐ Maintain perseverance
- ☐ Stay positive even in extended challenges
- ☐ Discover untapped potential
- ☐ Know the perseverance you have internally
- ☐ Celebrate achievements
- ☐ Use your past successes
- ☐ Stay focused on future endeavors
- ☐ Thrive in challenges
- ☐ Get through stress
- ☐ Transition smoothly
- ☐ Develop your milestones
- ☐ Know the benefits of being resilient
- ☐ Be brave
- ☐ Courage is key
- ☐ Getting committed to those around you
- ☐ Stay wholehearted to your commitments
- ☐ Know you're not perfect
- ☐ Proactive behavior
- ☐ Proactive is better than reactive
- ☐ Have situational awareness
- ☐ Develop emotional intelligence
- ☐ Thriving is different than surviving
- ☐ Thriving is key when it comes to having a good life
- ☐ Simply surviving is not enough
- ☐ Leaders need to thrive
- ☐ Expanding your self-identity
- ☐ Refresh your perspective