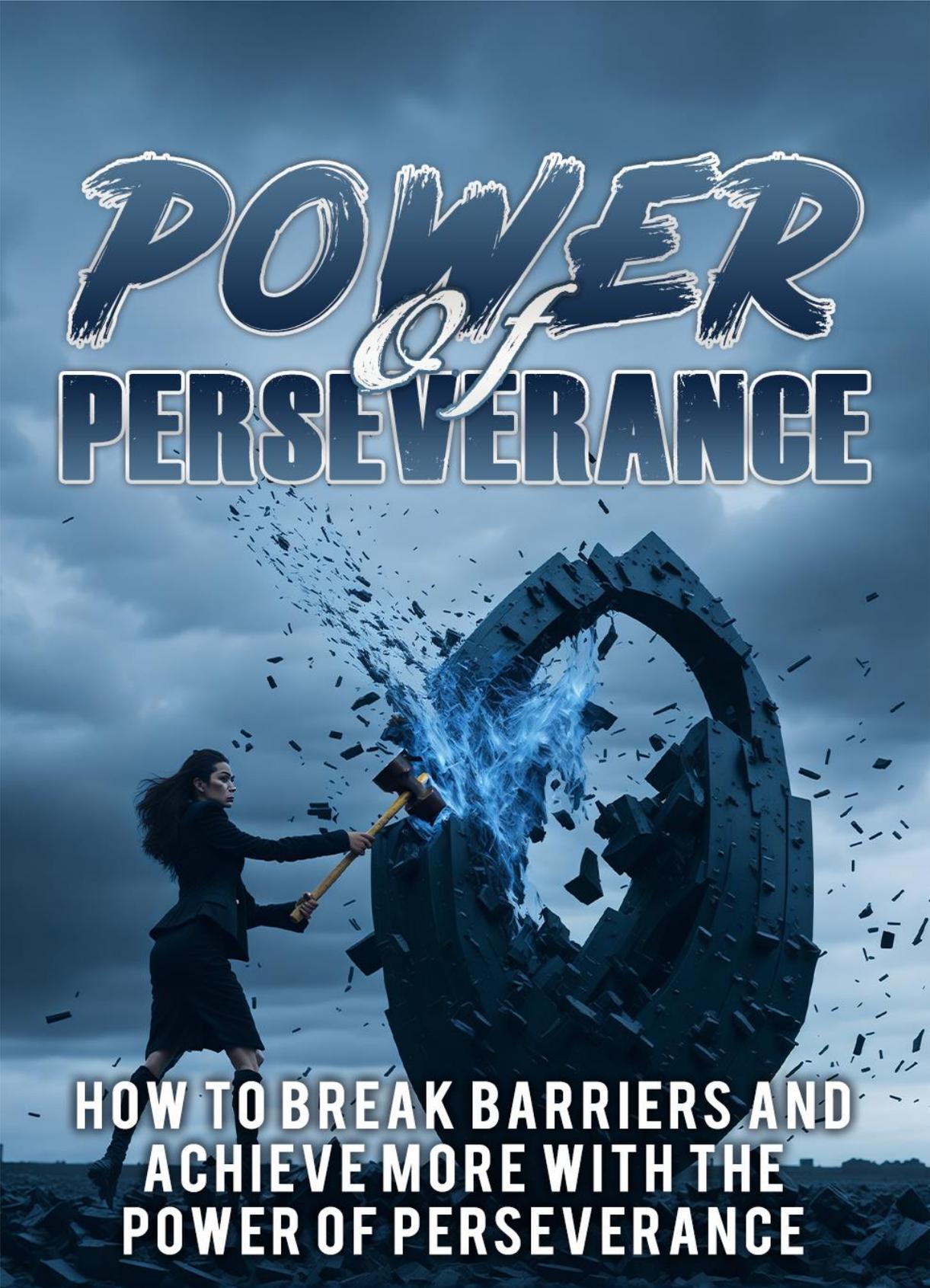


POWER *of* PERSEVERANCE



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

Introduction

You have probably heard many motivational speakers and startup founders talk about the power of perseverance. But how exactly can you unleash the power of perseverance and why it is important?

Unleashing the power that perseverance can bring can be one of the most life-changing things you will ever experience. Sometimes your goals might seem impossible. How can you bring your dreams and goals to life when you have so many other things on?

Or maybe you have experienced major setbacks and you don't know how to move forward. No matter why you need to find the power of perseverance, this guide will cover the top five ways to unleash the power that is already inside you.

1. Never Let Your Fears and Failures Hold You Back

If you have experienced failures in life, you might be wondering how you can pick up the spirit of perseverance again after experiencing so much hurt and doubts. The truth is you have the power to achieve anything you set your mind to. You don't need to let anything hold you back. The key is to believe in yourself even in the face of fear and failure.

You need to start ensuring that no one or nothing is holding you back. As long as you keep pushing forward, you will find that you are moving closer and closer to your goals. Of course, the road to perseverance is not always easy. You will need to ensure you are getting up and keep going even when you encounter roadblocks and setbacks.

Perseverance is one of the keys you need to achieve success. When you can persevere even after failing, you will see that you can really accomplish and do more than you ever imagined. You might be wondering exactly how to persevere in the face of failure.

It's easier said than done. The first thing you need to start working on and taking note of is your mental health. When you do not have mental

endurance, you will find it impossible to keep pushing forward even when times are tough.

Mental illnesses like depression can make it very difficult for you to find the energy and motivation you need to persevere and push forward. There are many ways to take control of your mind though and to ensure you have the mental grit you need to push on even in times of fear and failure.

This is where mindfulness comes in. Mindfulness is part of self-improvement. When you can be more mindful of your actions and the way you are handling disappointments, you will find the key to success.

2. Find Your Network

Humans were not built to do anything alone. Since the beginning of time, humans have lived and worked in groups because they know that is the most efficient way to get things done. The same goes for you when you are trying to persevere.

Your network of friends needs to be resilient. Not everyone will have a spirit for perseverance all the time. When you have a network of people though, one person who is persevering can lead the rest of the group in the right direction.

This is why there is strength in numbers. If you are feeling down and you are alone, you will find it very hard to pick yourself back up and get on the right track. However, when you have a group of people surrounding you, you find that moving forward is all of a sudden much easier.

The first place people look when they want to build a network is their family. Not everyone has a supportive family though and you might not be very close to your relatives. It's okay not to include your family if they are not supportive of you.

However, you might feel a little lost when it comes to looking for a network if you have no family to fall back on.

Start looking at the friends you have and consider if they are supportive of your work or not. Can they help you when you are in need? Do they have the emotional capacity to support you in your endeavors?

Keep in mind that to have supportive friends, you also need to be supportive. It's a two-way street. When they reach out and they need help, you also need to ensure you are jumping into action to help them.

Your peers can also be a good source of support. Peers are anyone that is in the same walk of life as you. Are you recently opening a business? Try to find others that are also opening a business. You can bounce ideas off one another and ensure you are sharing in your successes and thriving in your failures.

It's also important to network so that you can have a network. For example, you need to always be open to new opportunities. If there is an event in your town where you can meet like-minded people.

3. Learn to Overcome Roadblocks

In your career, relationships, and life in general, there will be roadblocks. This is part of life and you have to deal with it. Keep in mind there are only some roadblocks that you can control. The ones you cannot control are just as important. Sometimes when we feel like we cannot control something, we get stressed and anxious.

Learning to let go of the things you cannot control is not easy but it needs to be done. As you encounter roadblocks, it can be difficult to keep going. You feel like you have failed and that you just want to give up.

This is the time to start focusing on the things you can control. Think about your life and what you want to learn from this. It might be time to do a self-assessment and see why the roadblock occurred.

Did it happen because you forgot to do something or was it a company-wide problem that you had no control over? The answer to this question will depend on what you need to do and how to overcome the roadblocks.

This is part of controlling what you can and leaving everything you cannot control. If you are constantly stressing about the things you cannot control, you will have very little mental energy left to devote to the things that matter.

Once you have the things you can control, it's time to make a plan and pivot your direction if needed. Problem-solving skills are key when it comes to this. You will need to take time to develop your problem-solving skills especially if it's not already your strong suit.

When you are able to sit down and think about your issues, you can make a stable solution. You can also bring in your network of friends and peers during this stage if you need some extra advice or help to find solutions.

There is always an alternative route to success. You might have already formed a solution in your head and then it did not work. Luckily, there is rarely only one solution to issues. You can immediately start thinking about alternative routes and how you can put them into play.

When it comes to overcoming challenges, you also need to find your creativity and put it to work. Resourcefulness is also important.

4. Figure Out What Motivates You

Passion is a huge factor when it comes to finding the power of perseverance. Whether it's your career, your relationship, or a hobby, you will find that it's extremely stressful and impossible to be successful if you do not have something that motivates you.

Competition is a huge motivation for some people. If finding competition is what motivates you, then you need to go out and search for it. If you have a startup or a business, you might want to consider finding a competition or someone that owns a business similar to you.

Then start to figure out how you can do better. What can you focus on to be a better entrepreneur? What can you do better than what they are doing? How can you build a product or something that better suits your clientele and audience?

Competition does not motivate everyone though. If this is not your driving factor, then find something that better motivates you to make a difference.

For some people, their children are what motivates them to do better and be better. If this is the case, you can think about your children whenever you encounter roadblocks and then consider how you can keep pushing forward to be the best version of yourself for them.

5. Build Mental Toughness

As stated earlier, the way you think about things and the way you respond to things can make a huge difference in your attitude and your thoughts. Being mentally tough can help you overcome life hurdles even when you do not have the support and resources that you need.

Making strategies to become more mentally resilient can help put you on the right track. Here are some examples of how you can begin to start becoming more mentally tough:

- Make sure you acknowledge your feelings. How do you feel about something happening? Stop and ask yourself how you are feeling every day. This might seem simple or even silly but you would be surprised at how easy it is to go the whole day without ever really acknowledging yourself and the way you feel.
- Take small steps. Never rush into big decisions. Instead, take the time you need to think about the problems and find a solution with the help of your network.
- Maintain a routine. Those who have the best mental health often have a certain routine and lifestyle that they stick to. Make a routine that works for you whether it's a morning routine, a bedtime routine, an exercise routine, etc.
- Be more self-compassionate. The way you talk to yourself is very important. This inner voice determines how you respond to things and how you feel about things. Make sure your inner voice is understanding and gives you the space you need to externalize how you feel.
- Know your challenges. When faced with challenges, do not run away. Think about what matters and how you can overcome these challenges. Being able to overcome challenges can increase your confidence and give you the boost you need to persevere in life's toughest times.

Mental strength is different than mental health. Mental strength is how well someone can deal with stress, pressures, and challenges.

Mental strength has many different purposes but one of the most important ones is reducing the fear of failure. When you have a challenge or an unexpected setback, your mental strength can be the thing that propels you forward and keeps you from going backward.

Final Thoughts

Not sure how to persevere even in the face of roadblocks and challenges? This guide should have given you the top five ways you can become more emotionally resilient to face your fears and keep going even when the world feels like it's against you.

By following the five tips outlined in this guide, you can be well on your way to becoming a more compassionate and mentally tough person.