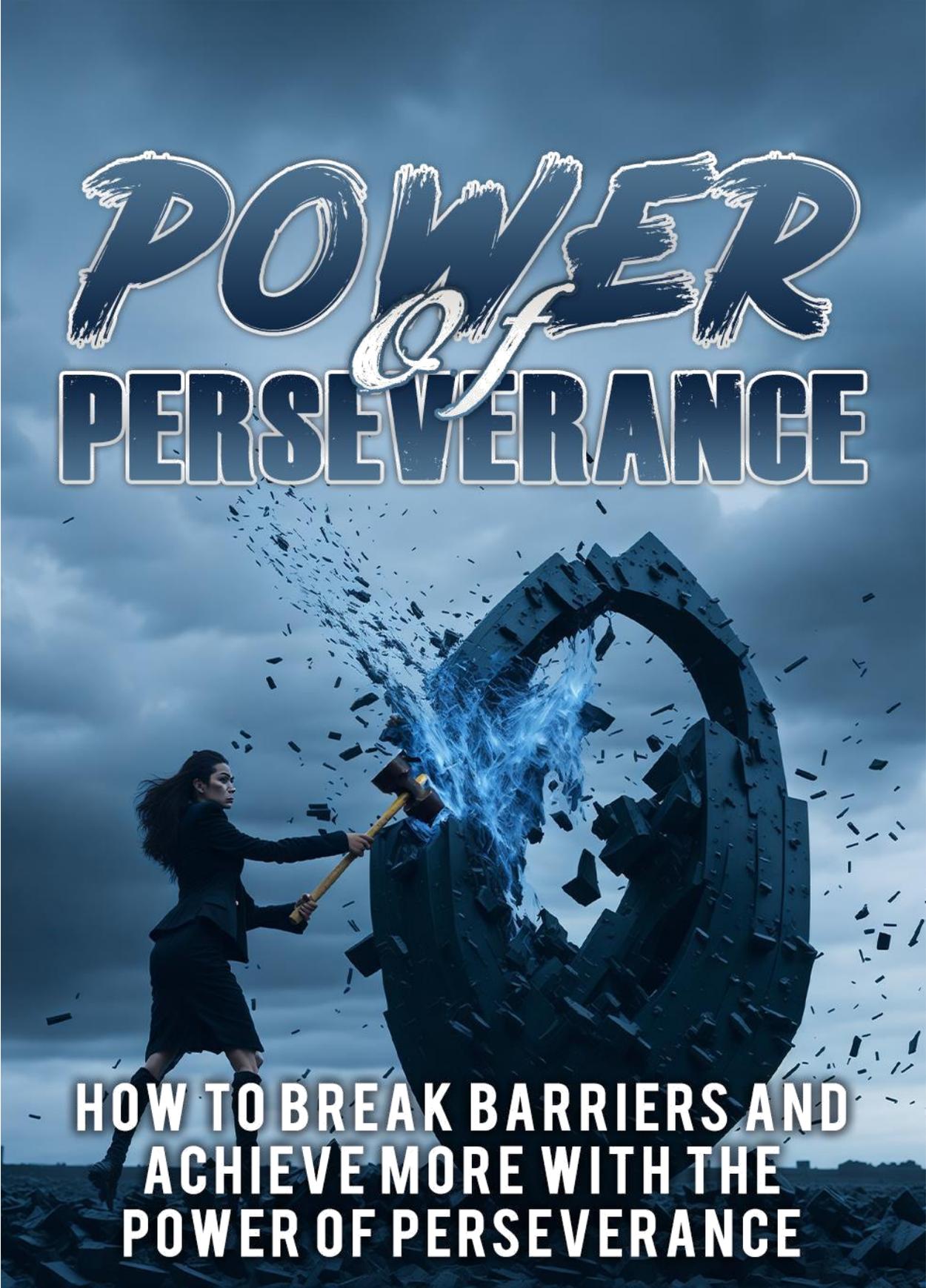


POWER *of* PERSEVERANCE



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