



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

No. 05 of 26th March 2013

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 13)



Striving for our Seychelles

"Working Hard at Working Smart" (part XXV)

Self-Discipline: The Value of Persistence

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Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "Press On" has solved and always will solve the problems of the human race.

- Calvin Coolidge - 30th President of the USA [1923-1929]

The future we want: The Promise: The Force Beyond

Self-Discipline: The Value of Persistence

by Steve Pavlina

Persistence is the fifth and final pillar of self-discipline.

What Is Persistence?

Persistence is the ability to maintain action regardless of your feelings. You press on even when you feel like quitting.

When you work on any big goal, your motivation will wax and wane like waves hitting the shore. Sometimes you'll feel motivated; sometimes you won't. **But it's not your motivation that will produce results — it's your action.** Persistence allows you to keep taking action even when you don't feel motivated to do so, and therefore you keep accumulating results.

Persistence will ultimately provide its own motivation. If you simply keep taking action, you'll eventually get results, and results can be very motivating. For example, you may become a lot more enthusiastic about dieting and exercising once you've lost those first 10 pounds and feel your clothes fitting more loosely.

When to Give Up

Should you always persist and never give up? Certainly not. Sometimes giving up is clearly the best option.

Have you ever heard of a company called Traf-O-Data?

What about Microsoft? Both companies were started by Bill Gates and Paul Allen. Traf-O-Data was the first company they started, back in 1972. Gates and Allen ran it for several years before throwing in the towel. They gave up. Of course they did a little better with Microsoft.

If they hadn't given up on Traf-O-Data, then we wouldn't have such rich collections of Microsoft and Bill Gates jokes today.

So how do you know when to press on vs. when to give up?

Is your plan still correct? If not, update the plan. Is your goal still correct? If not, update or abandon your goal. There's no honor in clinging to a goal that no longer inspires you. **Persistence is not stubbornness.**

This was a particularly difficult lesson for me to learn. I had always believed one should never give up, that once you set a goal, you should hang on to the bitter end. The captain goes down with the ship and all that. If I ever failed to finish a project I started, I'd feel very guilty about it.

Eventually I figured out that this is just nonsense. If you're growing at all as a human being, then you're

going to be a different person each year than you were the previous year. And if you consciously pursue personal development, then the changes will often be dramatic and rapid. You can't guarantee that the goals you set today will still be ones you'll want to achieve a year from now.

In order to make room for new goals, we have to delete or complete old ones. And sometimes new goals are so compelling and inspiring that there's no time to complete old ones — they have to be abandoned half-finished. I've always found it uncomfortable to do this, but I know it's necessary. The hard part is consciously deciding to delete an old project, knowing it will never be finished. I have a file full of game ideas and some prototypes for new games that will never see the light of day. Consciously deciding that those projects had to be abandoned was really hard for me. It took me a long time to come to grips with it. But it was necessary for my own growth to be able to do this.

I still had to solve the problem of setting goals that might become obsolete in a year due to my own personal growth.

How did I solve this problem? I cheated. I figured out the only way I could set long-term goals that would stick would be if they were aligned with

my own process of growth. The pursuit of personal growth has long been a stable constant for me, even though it's paradoxically in flux at the same time. So instead of trying to set fixed goals as I did with my games business, I began setting broader more dynamic goals that were aligned with my own growth. This new business allows me to pursue my personal growth full-out and to share what I learn with others. So growth itself is the goal, both for myself and others. This creates a symbiotic relationship, whereby helping others feeds back into my own growth, which in turn generates new ideas for helping others.

The direct and conscious pursuit of personal growth is the only type of mission that would work for me. If I made it my mission to master real estate investing, for example, I'd probably become bored with it after a few years. Since I want to keep growing indefinitely, I have to maintain a certain level of challenge and keep raising the bar ever higher. I can't let things get too dull and risk falling into a pattern of complacency.

The value of persistence comes not from stubbornly clinging to the past. It comes from a vision of the future that's so compelling you

would give almost anything to make it real. The vision I have of my future now is far greater than the one I had for Dexterity. **To be able to help people grow and to solve their most difficult problems is far more inspiring to me than entertaining people.** These values started oozing out of me as I ran Dexterity because I favored logic puzzle games that challenged people to think, often passing up the opportunity to publish games I felt would make money but which wouldn't provide much real value to people.

Persistence of action comes from persistence of vision. When you're super-clear about what you want in such a way that your vision doesn't change much, you'll be more consistent — and persistent — in your actions. And that consistency of action will produce consistency of results.

Can you identify a part of your life where you've demonstrated a pattern of long-term persistence? I think if you can identify such an area, it may provide a clue to your mission — something you can work towards where passion and self-discipline function synergistically■

What Is The Value of Persistence?

Guest post by: Harriette Blye

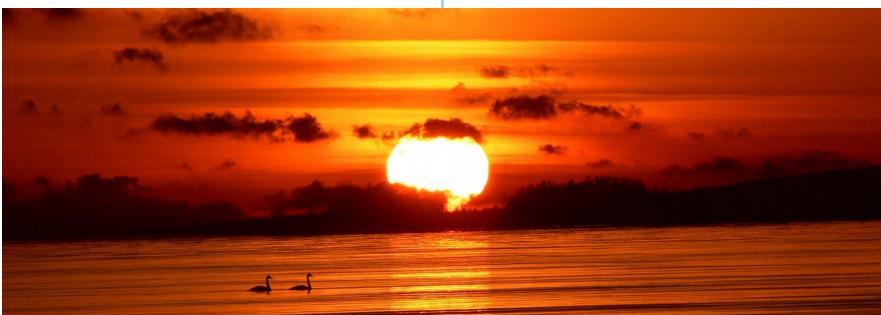
Persistence is the ability to continue moving forward regardless of your feelings. You push on when you feel like quitting. Persistence is will power and desire combined. Persistence is steel determination. Imagine what it would be like if you had the persistence to do, be, have anything you wanted. I am sure this is not possible but you can have fun trying.

Persistence is steel determination.

This is what I do know. Most people are ready to give up at the first sign of adversity and opposition. Few go on until they attain their goals. Persistence comes not from clinging to the past but from a vision of your future. You must have a burning desire to make your vision real that you will give almost anything to make it possible.

When you begin a task it may move very slowly. If you persist you will become accomplished at this task and ready to move to the next step. Your accomplishments build upon each other and you become an expert.

The value of persistence comes not from stubbornly clinging to the past. It comes



from a vision of the future that's so compelling you would give almost anything to make it real.

"When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time the tide will turn." *Harriet Beecher Stowe.*

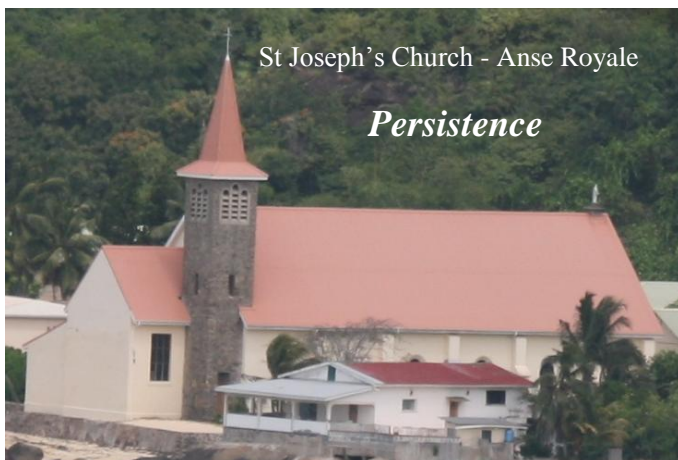
With any goal your emotions and motivation will go up and down. Persistence with a clear vision will keep you on **target** when you are down. When you are up you will go through **challenges** like a steamroller.

Can you recognize a part of your life when you wanted a goal, you had a vision, you went all out to obtain this goal and you were **successful** despite problems and **obstacles** that showed up. You could not be stopped. This is what persistence is to you. If you have a vision use that persistence to go after it and it is yours.

IF YOU WANT AN INSURANCE POLICY AGAINST FAILURE THERE IS NO CHARGE FOR IT. IT IS WITHIN YOU. IT IS CALLED PERSISTENCE.

Dale Carnegie said, "Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

Honor yourself!



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Giving Thanks

(Rom 4:18): Hoping against hope!

"Hoping against hope! Today too, amid so much darkness, we need to see the light of hope and to be men and women who bring hope to others.

To protect creation, to protect every man and every woman, to look upon them with tenderness and love, is to open up a horizon of hope; it is to let a shaft of light break through the heavy clouds; it is to bring the warmth of hope! For believers, for us Christians, like Abraham, like Saint Joseph, the hope that we bring is set against the horizon of God, which has opened up before us in Christ. It is a hope built on the rock which is God. To protect Jesus with Mary, to protect the whole of creation, to protect each person, especially the poorest, to protect ourselves: this is a service that the Bishop of Rome is called to carry out, yet one to which all of us are called, so that the star of hope will shine brightly. Let us protect with love all that God has given us!

I implore the intercession of the Virgin Mary, Saint Joseph, Saints Peter and Paul, and Saint Francis, that the Holy Spirit may accompany my ministry, and I ask all of you to pray for me! Amen."

Extract of Pope Francis 1: Homily for inaugural Mass of Petrine Ministry. 2013-03-19 Vatican Radio

The journey continues...