



TESS Newsletter

Accordance to Article 7  
Section 3 of its Constitution

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“ Turning Possibilities into Realities ”

## Building a Global Movement for Change [UNSG]: The Promise (part 31)

**"Working Hard at Working Smart" (part XLII)**

# 2014 : Raising the Bar: The Power of Determination



Riding from accident to Inspiration

**“Desire is the key to motivation, but it’s determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.”**

*Mario Andretti : Racing Legend*

## The future we want: The Promise: The Force Beyond

### The Power of Determination

By: AJ Kulatunga

**T**he power of determination is **one** of the key factors between those who constantly achieve success versus those who give up on their dreams to live comfortably in the valley of mediocrity. **But is determination all you need to become successful?**

Lately I've been thinking a lot about the power of determination. It certainly is a key characteristic of very successful people and would seem to be a major differentiator between turning the impossible into the possible.

**But determination is only the first step. In order to be successful you'll need a whole bunch of other things like desire, motivation, hard work and dedication.**

But, let's take a look at that first step in more detail.

Determination is defined by Oxford Dictionary as "*firmness of purpose*" and I have to agree.

Being determined means that you have a very clearly defined purpose as to why you are doing what you do.

But as you know it's never that easy. Life gets in the way and can often throw up massive distractions to keep you away from achieving your purpose.

That's when your determination falters and if you're not careful you will find it begin to fade away gradually until one day you wake up and your goals have changed and your dreams have died. To prevent that from ever happening to you, you really **need to develop your mental focus.**



### The Power of Determination

Source: *Knowledge for life tools*

Making accurate decisions and taking action is essential especially when your intention is to reach or accomplish your goals, dreams and desires. Obviously **on your journey** to success there will be pitfalls that you will have to face and deal with that might force you to quit. It's normal, we all sometimes reach that stage in our lives. You just need to understand that **in order to achieve anything in this life, you have to overcome certain obstacle.** Actually obstacles will always be there waiting for anyone who is willing to prosper in life. It's your responsibility to decide what is right for you and how much effort you are determined to put in order to accomplish your mission.

The power of determination is one of the key components **in one's journey** to success and makes a huge difference **in making impossibles possible. It is the first step of other steps that must be tied together in order to achieve whatever you intend to achieve.** Again these steps are not limited to but include the following : Determination, Motivation, Desire, Hard work and Dedication.

Now let's have an **insight** into determination and consider some of the things that determined people do better than any other people (what makes them extra-ordinary).

**Determination is the act of taking a firm decision or making a strong intention.** If you want to be determined enough to overcome any obstacles that life throws your way, you must change the way you do certain things in your life. **Change your way of thinking and most importantly change your point of view on life.** Let's now take a close look at what makes determined people excel at anything that they set for themselves to achieve.

#### 1. Determined people believe in themselves.

When you believe in yourself, whatever you put in your mind to accomplish becomes easier because by then you will just need to put an effort and determination then it will be done.

#### 2. They set and stick to their goals.

Obviously your goals are something that you want to achieve, so if you really want to achieve those goals unavoidably you must stick to them. Even though it's not easy to stick to anything, but when you are determined you will keep trying until you succeed. Create a picture of your goals in your mind as this will help you to survive against anything that might try to disrupt you along the way.

#### 3. They overcome obstacles.

Determined people know that there are good and bad times in life and no matter how the situation is, they work hard to overcome their current situation. You need to understand that not everything will go according to your plans and everything in life comes at a price. Just tell yourself that no matter how hard it might be, I will reach my destination because indeed you will!

#### 4. They are humble and vulnerable.

Determined people are not proud or showy, they know that even if you have a great plan or idea there might be someone out there who can help you stick to it or obtain it easier than if you don't ask or talk about it. They are also not affected by criticism, because they know that when you do good some people may criticize you just to discourage you.

Focus on your goals and make them your first priority as this will help you achieve them easier and acquire any goal you set for yourself in the future, and lastly **learn to remember all the good things that you've achieved as this will boost your morale.**

**“Dream great dreams,  
build amazing things,  
inspire those around  
you and lead through  
motivation”.**

*AJ Kalaluga*

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**The journey continues...**