



Get Started and Don't Quit

There are two parts of courage that lead to success. The first part is the willingness to begin, to act in faith, to step out boldly in the direction of your goals with no guarantee of success. The second part of courage is the willingness to endure, to persist, to refuse to give up, and to keep on working harder than anyone else.

Most people talk themselves out of even going for their dream. And most of the ones who make the attempt quit as soon as the going get tough. It's so sad. Because everyone has the ability to make their dreams come true. It's sad that so few people have the willingness to do what it takes.

That's why we root for the underdog. That's why we love movies like Rocky and Rudy. Because all of us have felt like the underdog at one time or another. Because seeing the underdog win gives us hope that we can win too.

Once you get started on the road to making your dreams a reality, you must make the decision to never quit. The decision to never give up gives you a huge advantage. Because the person who is most determined usually wins.

A study on goals and perseverance found that 95% of the goals that people set are ultimately achieved, as long as the person didn't give up. Ninety five percent! That's almost a guarantee. A guarantee that if you refuse to quit you will eventually win. The main reason people fail is not because of lack of ability or opportunities. They fail because they lack the inner strength to persist in the face of obstacles and difficulties.

Don't worry about failing. Failing is how you learn. You can fail over and over again, but all it takes is one big success to wipe out all your previous failures. The only time you can't afford to fail is the last time you try. The more you persist, the more you will believe in yourself. And the more you believe in yourself, the more you persist. Your persistence is a measure of how much you believe in yourself and how much you believe in your ability to succeed.

If you act as if you are guaranteed to succeed, your belief will grow. Because emotion follows motion. What you do determines how you will feel. Act in spite of your fears and commit to not quit, and I'll promise you that the winner inside you will burst forth to propel you to victory.

Put it into action:

Start stepping out on faith. Stop waiting until everything is perfect before taking action. Find an accountability partner who will encourage you to pursue your dreams. Do what every Olympic athlete does to be their best. Find a coach or mentor who will encourage you and push you to be your best.

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