

EXERCISES IN PERSISTENCE

Persistence creates changes over time. Given enough time, what could you change or accomplish in your life?

1. Record one goal that keeps tapping at you.
2. What are the feelings that come up when you think about trying to accomplish your goal? Is it fear? Is it shame? Identify the primary emotion that surfaces around this goal.
3. Ask yourself, “Am I willing to feel _____, in order to achieve my goal?”
4. What hard skills do you need to practice to reach your goal? Make a list.
5. What soft skills do you need to practice to reach your goal? Make a list.
6. Ask yourself, “Am I willing to feel _____ (#2)_____ for 3 months or 6 months or a year in order to reach my goal?” Really think about the trade-off. Would it be worth it to you? Record why or why not.
7. Finally, choose one skill (from #4 or #5) you are going to practice consistently for 30 days in order to reach your goal. Commit to practicing every day. Log onto the Unqualified Success website and record your commitment. We want to know what you’re working on!
8. For 30 days, practice your specific skill. If you miss a day, curiously explore why you missed practice. How can you avoid that obstacle next time?
9. Start again immediately, without shame or blame or regret. Start again and persist. Give it 30 days. See what you can accomplish, given enough time to do it.