



**US COMPLIANCE**

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# LEAD THE WAY

## “ENDURING PERSEVERANCE”

It was November 19, 1994, and I was surrounded by hundreds of other people all asking ourselves if we were about to make the biggest mistake of our lives! I was a runner who had some level of success running in high school and in the United States Army. I spent my weeks running an average of 120 miles. However, nothing like I was about to endure. Race Director, Mike Spinnler, began the ultimate countdown. The gun went off and my first Ultra-Marathon, the world famous JFK 50-Mile Race, was now underway. 9 hours and 46 minutes of putting one foot in front of the other, not only got me to the greatest finish line I had ever experienced to that point, it taught me volumes about not merely enduring, but truly persevering.

It's easy to associate endurance and perseverance as parallel words. It would be a grave mistake if you stopped there. Endurance is the measure of a person's ability to carry on, often associated with pain or a feat physically. Perseverance however, is the enduring capacity of one's true will to proceed in spite of what circumstances await them. Needing to endure requires an often temporary inconvenience while persevering demands great conviction.

Never before in our modern civilization has humanity been faced with the need for an enduring perseverance, as we face right now with the global pandemic of COVID-19. It's easy to endure anything for a brief period of time. Our bodies naturally release adrenaline, normally produced by both the adrenal glands and a small number of neurons in the medulla oblongata. But this is temporary at best. As Federal, State and Local orders began, our assistance from our adrenal glands would only last so long. Just as in the JFK 50-miler, something more would be required.

Now that we are well beyond the starting line, how do we continue to lead, learn and persevere well? Here are a few tips to help you persevere as there are uncertainties that remain. A few principles gleaned from continuing to put one foot in front of the other over the years through persevering in this Ultra-Marathon we call life, liberty and the pursuit of happiness.

- 1. STAY FOCUSED THROUGH THE FOG.** In the midst of foggy times, remain focused on your priorities and don't get bogged down in the areas that can remove your focus.
- 2. HAVE AN ATTITUDE OF GRATITUDE.** When you are grateful, your attitude allows you the focus necessary to continue on. Be grateful even for the pain as it can teach you lessons that will get you to the end.
- 3. THE POWER OF THE PAUSE.** Just like in an Ultra-Marathon, there are times you need to just stop and rest. Make sure you can detach from the workload and refuel your mind, body, heart and spirit.
- 4. RESET IN THE SETBACKS.** When you fall in a race, you don't go all the way back to the starting line. Don't get discouraged in setbacks, dig deep into your focus and reset your priorities focusing on the finish.
- 5. HONE YOUR SKILLS.** Long races are teaching grounds. Use these times of uncertainty to sharpen what you know. Tap into the myriad of resources available and you just might get to the finish line faster.
- 6. BE HUMBLE IN YOUR GAPS.** Everyone has opportunities for growth and development. Empower others who can fill in the gaps for you, this is an incredible way to build trust.
- 7. DON'T WASTE YOUR TIME.** While resting and refueling are necessary, remove everything that will hinder you from reaching the finish line. Whether it be people, distractions or social media, remove anything or anyone that will keep you from reaching your goals and priorities.

*For a complete training on Enduring Perseverance, and other leadership offerings, please go to the Covid Resource Center link at the website below and log into the Client Area*