



**US COMPLIANCE**  
CARE | PROTECT | GROW

# COACHING & INSPIRATION

## “ENDURING PERSEVERANCE”

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Whether you are an Executive trying to get through a Global Pandemic, an Elite Athlete attempting a personal best, a First Responder in a National Crisis or a Single Mom who is trying to save for college; perseverance is required. There is a place where endurance comes to its end and perseverance must resume. Especially in times of pain, doubt, fear and uncertainty. Keep in mind that Endurance is the measure of ones ability to carry on and Perseverance is the holistic capacity of ones true will no matter their circumstances.

What is it about great people, who overcome seemingly impossible odds, that allows them to continue on when most others would give up? Why do some people just seem to have more capacity to stick through situations well? Here are ten characteristics that most of them display in order to find the grit to continue on.

- 1. MAINTAIN A FOCUS IN THE FOG:** We all experience moments of unclarity where it's hard to imagine the future beyond our sphere of influence. Those who can remain focused to their vision in these times, have great success.
- 2. REFLECT AND INSPECT:** Any great physician will tell you they have to examine before they can diagnose. Have you stopped long enough to reflect on your circumstance and inspect the best practices to move forward toward your goals?
- 3. BE GRATEFUL FOR THE PAIN:** Highly motivated leaders embrace pain points knowing they can learn a lot about themselves and their journey to perseverance. Knowing uncomfortable times will come, learn through them, don't avoid them.
- 4. THE POWER OF THE PAUSE:** We all know it, yet so few choose to listen to the timeless healing balm that rest can provide. I fear our thoughts of leadership is to simply become busier, when rest is what is needed most. Find what refuels you and make sure you allow time to do as such.
- 5. BE SELF-AWARE:** This speaks to our ability to listen to others and conscious enough to hear what they are saying. Ensure you are sharpening your skills while fully understanding the gaps you have. This will enable a better perspective in the perseverance.
- 6. LOOK FOR THE TEACHABLE MOMENTS:** In any endurance journey or adventure, there are life lessons that will help you reach farther than you could have otherwise. Those who reach more mountain tops are those who have journaled great lessons along the way.
- 7. LEARN TO RESET IN THE SETBACKS:** How you handle the unexpected is what others will come to expect from you. There will be times when things don't go as planned. How you respond during those times speaks to the virtuous core values of your character.
- 8. KNOW WHO YOU HAVE TO KICK OUT OF YOUR VILLAGE:** Your life and your leadership bandwidth is worth surrounding with the greatest insights and skills the world has to offer. There will be those times where you'll have to choose who you lose. Who are you letting into your village and who is taking up residency but should be evicted?
- 9. BE HUMBLE IN YOUR SKILLS AND HONEST IN YOUR GAPS:** The skills and abilities you have can either be greatly catapulted or turned into a catastrophe in the hands of other skilled people. Be confident in your skills, ever developing them to be sharp, but know what gaps you have too.
- 10. UNDERSTAND THE POWER OF YOUR NEEDS AND THE POWER OF OTHERS TO MEET THEM:** There is a power in knowing what your needs are, for it keeps you humble, but it also allows others the opportunity to be used in areas that they have the capacity to give. Great leaders are keenly aware of the areas they lack in their leadership bandwidth and surround themselves with people who have those skills.