

The Power of Persistence

Calvin Coolidge - *“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan Press On! has solved and always will solve the problems of the human race.”*

How to Develop Persistence

- Decide what you want to accomplish and set goals
- Prepare for Obstacles and Setbacks
- Take the first step
- Review, reevaluate and revise
- Garner support and encouragement
- Maintain focus
- Enjoy! The greatest feelings of accomplishment derive from knowing you've overcome obstacles and conquered adversities to achieve your goals.



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People who have persisted in spite of disabilities and obstacles:

- Ludwig van Beethoven (composer, pianist) became deaf at the age of 30 and composed most of his beloved works after he lost his hearing.
- Helen Keller (author) was deaf and blind from the age of 19 months. She wrote 12 books, various articles and was the first blind person to receive a Bachelor of Arts degree.
- Ray Charles, Stevie Wonder (musicians) both of whom are blind have achieved much in their genres of music.
- James Earl Jones (actor) known for his booming resonant voice was once a stutterer.
- Marlee Matlin (academy award-winning actress) is deaf.
- Itzhak Perlman (virtuoso concert violinist) has legs paralyzed from polio.
- Terry Fox (runner) was an amputee from cancer.

Source and to read full article visit <http://www.essentiallifekills.net/persistence-perseverance.html>