

patience:

accepting a difficult situation without giving a deadline to remove it

Patience wins the race

patience *n* 1: the quality of bearing or enduring pain or trouble without complaining 2: refusing to be provoked 3: calmly tolerating delay, confusion, or inefficiency.

When we think of patience, we generally think of waiting. However, there are two different types of waiting: *passive* waiting and *active* waiting. *Passive* waiting is more often the cloak of laziness than the mark of true patience. True patience is marked by *active* waiting.

Patience does not mean inactivity. Patience is working diligently on what is yet at hand while waiting calmly for what is outside of one's control.

Patience is never more important than when a fast solution is needed.

Patience is not necessarily slow; patience is taking the time required to reach the *right* solution.

Patience is also enduring the suffering of repeated failure without giving up. It is persevering to the end and finishing what one began.

Patience isn't a matter of denying or trying to hide feelings, or ignoring circumstances, either. Patience is a matter of accepting unchangeables that are beyond our control. The key to accepting a problem is realizing that it is more productive to change the things you can change, than get angry about those you can't.

Be calm in your decisions.

The most effective training you will ever give your staff or family - in patience or any other quality - is the example of your own character. Your actions will either reinforce what you say, or they will contradict and negate your words.

Work is hard. Life is challenging. Building character is difficult. And leaders must always hold themselves to a higher standard than they expect of their "troops."

Often the root cause of difficult situations can be traced to a lack of character. A patient person focuses on resolving the character issues rather than being distracted by the circumstances.

"Our patience will achieve more than our force."

(Edmond Burke)

"Patience and dilligence, like faith, remove mountains."

(William Penn)

"By patience one avoids still greater trouble."

(Solomon Ibn Gabirol)

patience vs. restlessness

The word patience means many things. It means bearing, enduring, permitting, and suffering. Without patience, people are often angry, frustrated, and discouraged. With patience, we can respond to challenges with assurance, confidence, and self control.

Patience is:

Changing the things you can, and accepting the things you can't

Always trying until you succeed

Making the most of your spare time

Not complaining if things don't go your way

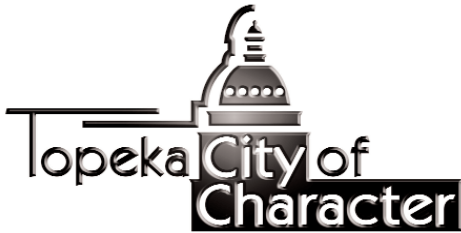


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From the coordinator:

How do you feel when you are impatient? To put it quite simply when we are impatient, we feel a myriad of emotions: Irritated, agitated, ignored, frustrated, resentful, forgotten, anxious, burned out, misdirected, misunderstood, nervous, and ill tempered.

When you are impatient, you run the risk of always being dissatisfied, upset, and angry at yourself for your slow pace of growth and change. You might lose your control and fire off outbursts of anger, temper, and blame on those who are slow to change and grow.

Would you like a chance to model positive character with the youth in our community?

Become a mentor for students in the USD 501 school district.

Call the YouthFriends coordinator, Ben Clay at 295-3104

Patience is the ability to sit back and wait without experiencing anxiety, tension, or frustration. Patience is also letting go of your need for immediate gratification and displaying tolerance, compassion, understanding, and acceptance.

Patience is a character quality of respect as well, we can show our respect for others by being patient with them. Children especially benefit from the patience of adults.

Dawn Wright,
Topeka City of Character
Coordinator

Topeka City of Character's Vision:

The City of Topeka will become a community of good character where people work together to ensure that individuals and families are strong, homes and streets are safe, education is effective, business is productive, and citizens care for one another.

If you would like to be a character quality sponsor, call us at 785-233-3699

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Good character is the key to success!