

endurance

the inward strength to withstand stress and do my best

live, don't just survive

Endurance *n.* **1.** the ability for bearing up under hardship; **2.** the state or power of lasting; continuing existence.

Just as runners exert themselves physically in order to train for a race, individuals must develop endurance to overcome everyday challenges.

A runner begins training long before the race. He or she sets small objectives and builds upon slow, daily progress. Similarly, an enduring person commits to a goal and works steadily toward it.

Hope is the key. Individuals can endure because they believe present inconvenience will pass. They

believe their efforts will yield satisfactory results, and they believe their lives will count for something. Your hope justifies the sacrifices you make in order to achieve your objectives.

Discouragement or criticism will occasionally threaten your progress, making you feel as though you are running in loose sand. You will not always see the finish line, and you might feel incapable of success.

Though you cannot always avoid the grief, exhaustion, or disappointment causing your discouragement, you can overcome discouragement by pressing forward toward the goal you have set.

building endurance



Know the Goal. Those who visualize their goal can maintain the perspective necessary to surmount obstacles.

Take One Step at a Time. Once you envision the big picture, break it down into sequential steps so that you can make daily choices that bring you closer to your goals.

Find Support. Find colleagues running in the same direction so each person can support others.

Renew Your Energy. Take a break when you need one.

Finish Well. Plan ahead and apply consistent effort.

“You’re not finished until the job is done.”

–Mom

“A just man fails seven times and rises up again.”

–Hebrew Proverb

“Success seems to be largely a matter of hanging on after others have let go.”

–William Feather

endurance vs. discouragement

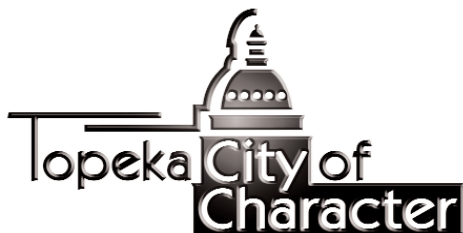
Endurance is:

- not being a “quitter”
- accepting both instruction and correction
- not wasting my time, energy, and talent on meaningless pursuits
- bending instead of breaking
- putting my whole heart into everything I do

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From the executive director

You can become a facebook fan or follow us on twitter now. Many people enjoy receiving the word of the month and encouraging news from other organizations that are our community partners, such as Safe Streets Coalition.

Developing good character is a process. We hope that having little reminders on your facebook pages will help you in your life journey.

You will find us by typing Topeka City of Character into your facebook search box.

Cindy Patton

Topeka City of Character Executive Director

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**“Sow a thought
you reap an act;
sow an act,
you reap a habit;
sow a habit,
you reap a character;
sow a character,
you reap a destiny.”**

Samuel Smiles

“If eternal vigilance is the price of liberty, eternal persistence is the price of excellence, and is the duty of every lover of his country.”

James Terry White

Good character is the key to success!