

Determination (vs. faintheartedness)

Overcoming obstacles to reach my goal

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Find Your “Why?”

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Have you ever worked on a small project, perhaps one that didn't have enough significance to justify the time spent, but you were Determined to finish it? Buried somewhere was a “Why?” that made completing that task important. It may have been ego or your competitive spirit or it may have been knowing the joy another person would receive when you finished.

Got a project that you just can't get the energy to finish – find your “Why?” for completing it and you may just find the energy and Determination needed to get it done. (If you can't find a good “Why?” then consider abandoning it.) By itself, a project may seem not worthy of your time, but associating it to the bigger picture may give it more meaning and you more Determination to finish it.

Finding your “Why?” is a way to inject passion and Determination into a project. It's a way to define the purpose of the project and inspire you to be Determined to take action. Your “WHY?” can also inspire others to take action and your Determination can be contagious.

Your “Why?” may be different from project to project, or from task to task. You may also find a “Why?” that reflects your life's purpose. Having a purpose helps in making decisions on where you spend your energy so those things that you are Determined to finish, will get finished.

This month, find your “Why?”s and find your Determination.

To Practice Determination, I will:

- Set goals.
- Make sure your goals are right.
- Ignore distractions.
- Do not be discouraged by others.
- Face problems head on.

“Success is a little like wrestling a gorilla. You don't quit when you're tired. You quit when the gorilla is tired.”

~ Robert Strauss

“Determination, energy, and courage appear spontaneously when we care deeply about something. We take risks that are unimaginable in any other context.”

~Margaret J. Wheatley