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.

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.essentiallifeskills.net/persistence-perseverance.html