



THEME FOR THE MONTH OF APRIL

"PERSISTENCE "

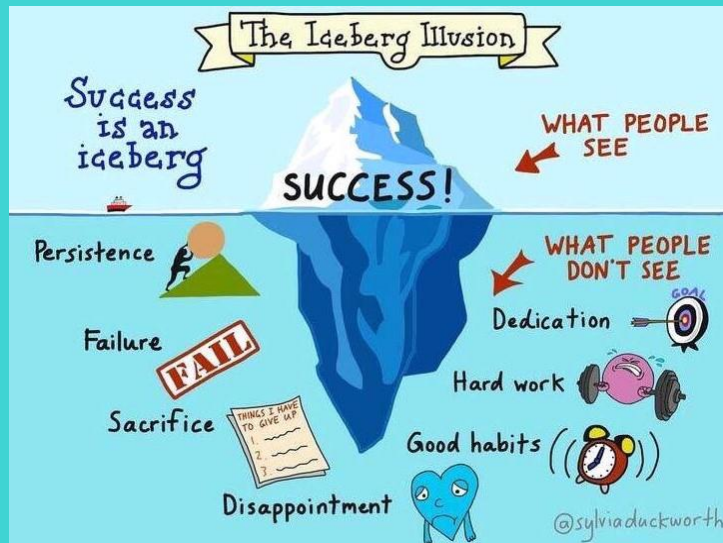
from

VARA Youth Coordinator, Alex Krebs



Thanks to this month's sponsor, MT Hood Summer Ski Camp, click on the logo to view camp details.

PERSISTENCE



Over the past 9 months I have focused on "The Iceberg Illusion" and written about all of the tough elements that go in to SUCCESS. This last email on Persistence concludes the "Iceberg Illusion" series. I hope you all have shared this series with your children/athletes.

The conventional definition of persistence is: "Refusing to give up or let go; persevering obstinately; firm or obstinate continuance in a course of action in spite of difficulty or opposition."

Tips on How to Develop Persistence

➤ **Decide what you want to accomplish and set goals.** We all know how important setting goals is for achieving success in any endeavor, so take some time to figure out what it is you want.

➤ **Prepare for Obstacles and Setbacks.** Know and accept that there will be obstacles and setbacks; then prepare for them. Nothing important was ever accomplished without adversity, setbacks and difficulties to contend with along the way. Thomas Edison is said to have tried 10,000 times to create the light bulb before he succeeded. His attitude was: "I have not failed. I've just found 10,000 ways that don't work." Persistence is definitely the difference between a successful outcome and a failed one due to giving up. When we are overwhelmed with a problem or difficulty, we don't have time then to develop the persistence necessary to deal with the particular obstacle or set back. However, if we plan in advance for life's inevitable ups and downs, we will be psychologically ready when they come upon us.

➤ **Take the first step**

You cannot persevere; much less succeed, if you never try to accomplish something. So many of us procrastinate, fear failure or are too frozen in our tracks to take the first step towards

achievement. You will not fail if you don't try something, however, you will never succeed either. As the popular saying goes, "The only real failure in life is the failure to try."

➤ **Review, reevaluate and revise**

If things do not work out the way you hoped then review the steps you took and the process you followed. Reevaluate by examining what went wrong and where. What didn't work? What could you have done better? Did you have all the necessary skills and tools? Your findings will be most illuminating, and in turn, allow you to set up a better, more comprehensive approach. You will revise and improve the current strategy.

➤ **Garner support and encouragement**

Stay away from naysayers; instead seek advice from those experienced in your field of endeavor and those who want you to succeed. They can assist you by making suggestions and recommendations based on their experience and expertise. You will still have to do the hard work, but there is nothing more encouraging than having positive reinforcement.

➤ **Maintain focus.** One of the obstacles to attaining success is losing motivation and focus. A good way to maintain focus is to visualize yourself accomplishing your goal no matter what it takes. Vividly see yourself accomplishing your goal.

➤ **Enjoy!** The greatest feelings of accomplishment derive from knowing you've overcome obstacles and conquered adversities to achieve your goals. Your ultimate success will be exponentially more satisfying and fulfilling when you know what it took to get there. Obstacles and adversity need not stop you from accomplishing great things. If anything, courageous persistence is the one quality more than any other that can guarantee **SUCCESS!**

-Z. Hereford



Alexandra Krebs

VARA Youth Coordinator

Email: alex@vara.org

Cell: 802.338.1680

Please visit the [VARA Youth Coordinator Page](#) on the [VARA](#) site.