

# **The 8 Factors of Persistence**

By Elaine Betts

How often have you hit a wall and kept on going regardless? It probably had something to do with a burning desire to some particular outcome.

Persistence is a state of mind that if you have a strong enough desire, it will allow you to keep on going no matter what.

How can we obtain the skill of persistence? First of all what does persistence really mean? Persisting is continuing steadily despite problems or difficulties. We could say it is being unreasonable in that we do not allow 'reasons' to stop us or get in our way. We continue on because our desire for the end result or goal is so strong that nothing can stop us. We become unstoppable. There are several factors we can develop to help us become persistent.

## **The 8 Factors:**

- 1) Know what you want whether that's a goal, an object, whatever it is that you want, know specifically what that is.
- 2) Desire. It is one thing to want something, desire is a wish, craving, or longing for something, it is much stronger than just a want.
- 3) Belief in yourself. Believe that you can have it, whatever that may be. Believe that you deserve it and that you have got what it takes to get it.
- 4) Have a structured plan of action with definite steps in place on how to get what you desire.
- 5) Have the knowledge necessary to achieve what you want. Knowing what tools and resources you need along the way. Guessing instead of knowing destroys persistence and builds frustration.
- 6) Strategic alliances and harmonious relationships to help you as resources, mentors, and in general, people that will cooperate with you and be your cheerleaders.

- 7) Determination. Have a strong will power, concentrate all your thoughts and efforts, concentrate on the end result. Focus on the end result and be determined to achieve what you want.
- 8) Form good habits necessary to develop the skills, follow through on your strategic plan and have the courage to move boldly. Good habits are formed when you consistently persist.

In a nutshell: Know what you want, have a strong desire, believe you can get it, know what needs to be done, be determined enough to acquire it and build consistently good habits to achieve it.