

Three Things That Strengthen Your Roots

How important is a strong root system? In the world of plants and trees, it's everything. Simply put, healthy flowers and trees need healthy roots. Healthy roots provide support and growth. They keep the soil tight to prevent it from washing away when it rains. Strong roots give a better uptake of nutrients and water, and they produce a stronger stem that will withstand stress and challenging climates. Like plants and trees, people need strong roots as well. For humans, our roots are the cause of what we do. They drive us to achieve our goals and dreams. As roots are to plants, so they are to us- They can make us or break us. How strong are your roots? The good news is, we can improve, change, and grow our roots. There are many ways to strengthen your roots, but these three things are a great place to start.

1. Embrace the trials of life. Scientist did an experiment in the desert called the biodome. A huge glass dome was built to house an artificial and controlled environment with purified air and water, healthy soil, and filtered light. The point was to provide perfect growing conditions for trees, fruits, and vegetables, as well as humans.

People lived in the biodome for months at a time, and everything seemed to do well with one exception. When the trees grew to a certain height, they would topple over. It baffled scientists until they realized they forgot to include the natural element of wind. Trees need wind to blow against them because it causes their root systems to grow deeper, which supports the tree as it grows taller.

Who doesn't crave a perfect environment with no distractions or disruptions? We want to avoid the hard times, the failures, the challenges, and pain at all costs. However, it's in these

situations that we grow and learn the most. These uncomfortable experiences develop our character and deepen our faith. Like the trees need the wind to strengthen their roots, so we need life to push against us to make us strong.

2.Nourish your environment. An important factor in strong roots is the environment or the soil of which they are trying to grow. So it is with you. You must nurture your soul and feed it the right nutrients. Your roots will only be as strong as what you are providing them to thrive. You are feeding your roots by what you are watching, what you are listening to, what you are reading, and who you spend your time with. Are you watching things that are filling your mind with worldly viewpoints and contradict your core values? Does the music or podcast you listen to support your beliefs and encourage your growth or does it consist of foul language and derogatory phrases. Do you spend time reading helpful and uplifting blogs, articles, and books or waste time reading stuff that has little to no impact? Are the people you spend the most time with positive and successful, or do they grumble and blame others for their failures. All these paths either offer high quality nutrition for your roots, or a poor diet that eventually will make you sick. Like plants and trees need good soil for their roots, so you need a good environment to grow as well.

3.Cultivate Tenacity. Studies show that tenacity is one of the most critical attributes of achieving success. Having perseverance and passion is essential to accomplishing long-term goals. These studies also show that tenacity is a higher prediction of success than your IQ. If your idea or dream was rejected 242 times, would you continue on? That is exactly what happened to Howard Schultz. Even after all that rejection he continued to pitch his business idea. Finally, after all this failure, Howard got three people to invest. Today, he is a multi-billionaire, and his Starbuck's brand employees over 137,000 people in nearly 40 countries. If he had given up, you

would not be enjoying your venti latte. To cultivate means to grow and develop. You aren't born with grit; it is something you develop with experience of success and failures. People with tenacity are more optimistic when they fail, which is why they tend to persevere and keep working towards their goals and dreams.

With strong roots, the trees and plants survive through winds, droughts, and floods. If your roots are strong, you will have what it takes to persevere as well and achieve the success you desire.

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