

Do you have this form of Wisdom?

Welcome to this edition of your Weekly Winning Resource all about the word patience. Do you label yourself as someone with patience or would you describe yourself as an impatient person? We should be careful not to claim something as a “personality trait” that in actuality is a learned behavior. Patience is another one of those mental muscles that can be strengthened with experience. Patience is not something a person is born with, it is learned over time. Certainly, a calmer demeanor and personality can be a little more helpful for you when acting in patience, but it is still a virtue that anyone who desires to, can learn. Patience can be described as a quiet hope and expectation, based on trust, that in the end everything will be alright. In other words, the best is yet to come! Patience is enduring a delay or troublesome situation without complaining and exerting self-control. Patience is not simply doing nothing or being passive aggressive. On the contrary, it is very much a word of action and requires you to have concentrated strength. At I’ve Decided, our mission is your success. We know that being patient is required for your long term success. As you begin this week, consider how you can practice patience and improve this virtue in your own life.

Your Weekly Winning Word:

Patience:

The ability to wait a very long time without becoming irritated or upset.

Your Weekly Winning Article:

A sure sign that you are on the right path to success is when you are actively practicing patience. In our article this week, we speak of 6 ways you practice more patience. Check it out! [Click Here To Read](#)

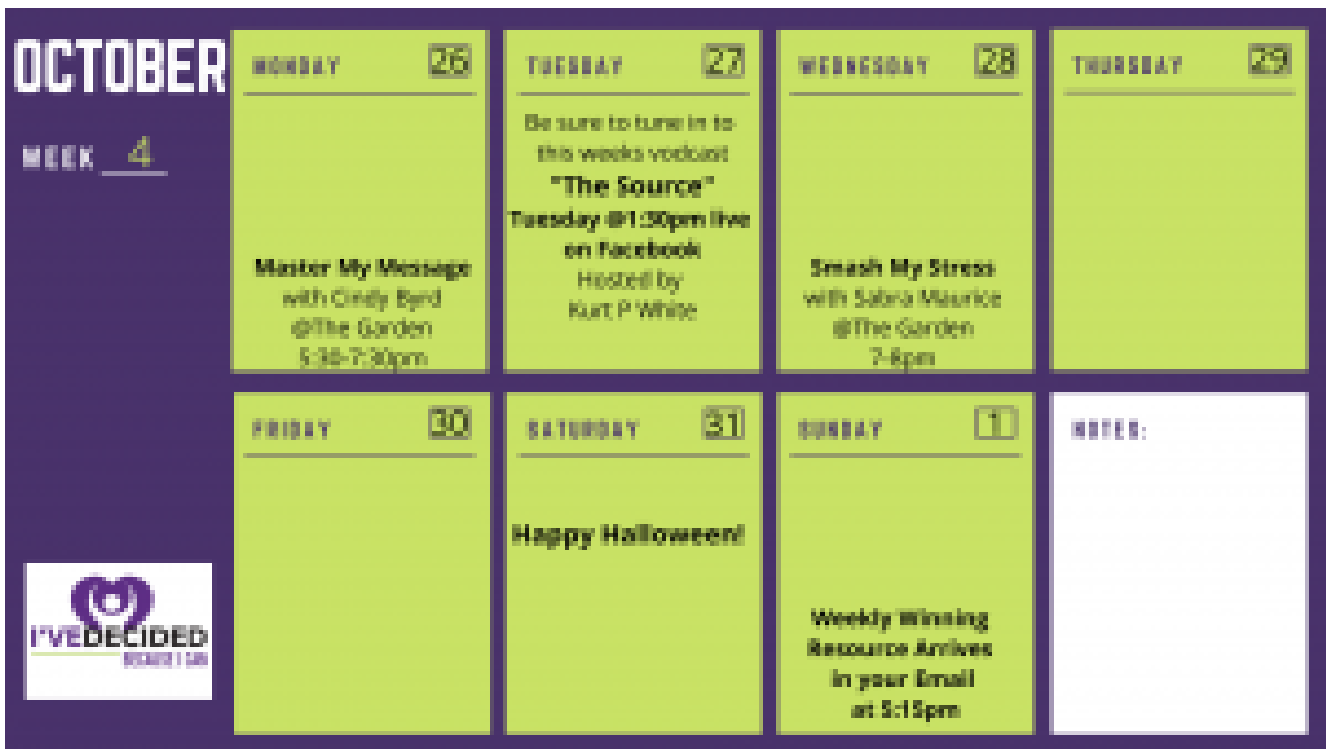
Your Weekly Winning Challenge:

Consider an area of your life where you know you need to be more patient. Maybe it's at work, with your significant other, children, or even road rage! Take note this week and journal every time you practice patience over lack of self-control.

Your Weekly Winning Quote:

"Patience is bitter, but its fruit is sweet." ~ Aristotle

WE NEED YOUR HELP...Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!



Included in your I've Decided Membership are our Success Groups. We are excited to bring these resources to you in order to help you achieve your goals and dreams. We have designed these monthly success groups to help you make progress with your goals and dreams and provide you the opportunity to network with other people who are interested in a similar goal to you, advice and information from an expert coach, and the support you need for success! [Click Here To Watch Any Of Our Past Success Groups Recordings](#)

Manager of Curves, Melissa Maubach, joins Kim Martin on today's I've Decided Vodcast, "My Success" to discuss how working out and living a healthy lifestyle builds endurance and ultimately contributes greatly to your success! Check it out.

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