

# What's more important than talent?

We are excited to bring you this edition of your Weekly Winning Resource all about the word stamina. The research would argue the reason that less than 9% of people who set goals achieve them is due to lack of mental and/or physical stamina. Having a strong mindset takes more than will power. It requires intentional hard work. Talents and skills are wonderful to have. However, you can have all the talents and skills in the world, but if you don't have mental toughness, you most likely will not achieve the goals and dreams you desire. Your abilities will only get you so far, and then stamina will determine how much farther you will go. If you talk to a marathon runner, they will tell you that the race doesn't start until around mile 20. This is because they have trained well for the first 20 miles. From mile 20 to mile 26.2, it's all mental strength. Their body was done at mile 20. Like Joan Rivers says, "Success is a mental marathon!"

## Your Weekly Winning Word:

### **Stamina:**

*The ability to sustain prolonged physical or mental effort.*

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## Your Weekly Winning Article:

To have a strong body, you must strengthen your muscles with physical exercise. Your brain is the same. If you want to be mentally tough, you have to work your mental muscles and be intentional about the things you choose to do. Using In our Weekly Winning Article, using S-T-A-M-I-N-A as an acrostic, we share 7 exercises to improve your mental strength. Check it out here:

[Click Here to Read](#)

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## **Your Weekly Winning Challenge:**

Pick something you can do to apply each one of the 7 exercises we shared in the Weekly Winning Article to workout your mental muscles to improve your stamina.

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## **Your Weekly Winning Quote:**

**“I have incredible stamina- the-what-do-I-got-that-they-ain’t-got kind of stamina. ~Oprah**

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**If you want to get in the best physical shape possible, you would hire a personal trainer. The same is true for your mental strength. If you want to get your best results, work with a personal coach.**

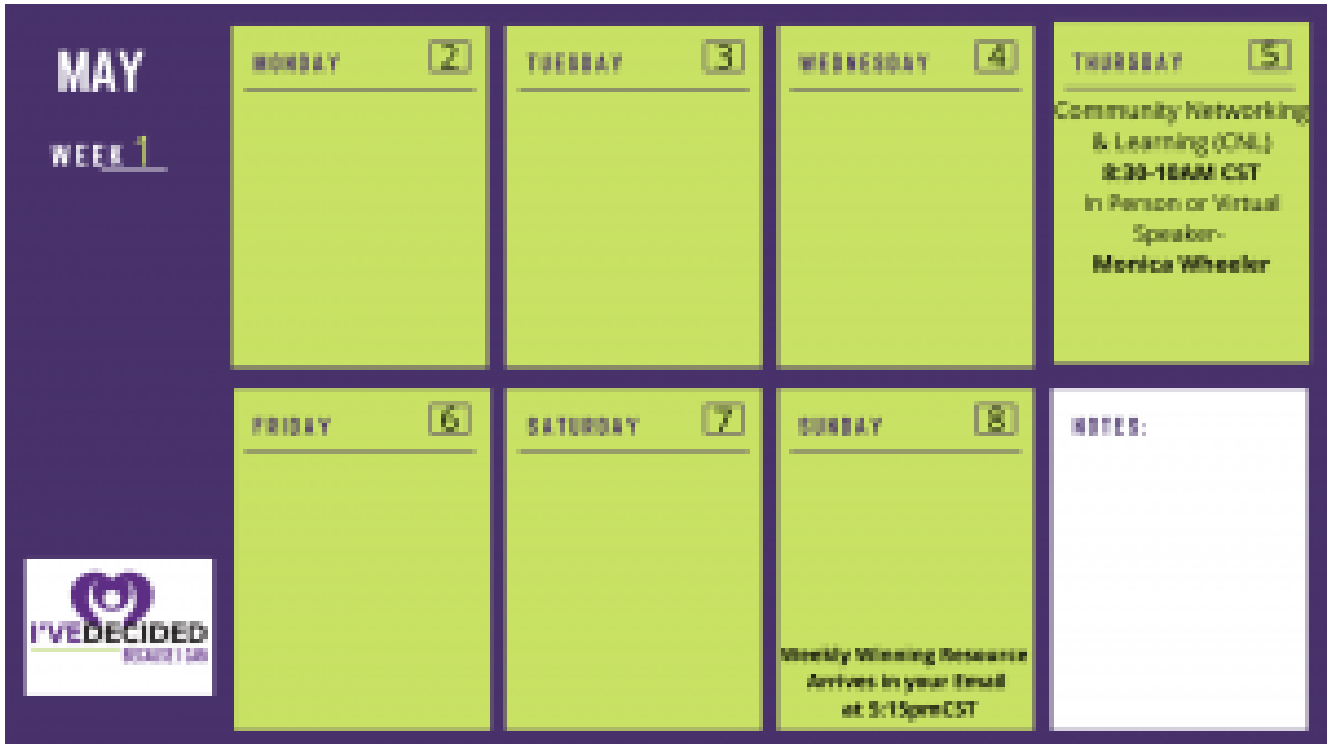
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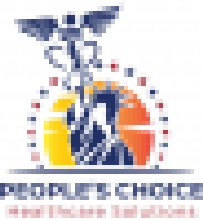
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