

# The Most Difficult Discipline You Can Have

This edition of your Weekly Winning Resource is all about the word endurance. Endurance is one of the most difficult disciplines, but it is the greatest strength you can have. Endurance is the power to withstand something challenging and is essential for people like you going after your goals and dreams. When you have endurance, you know you can manage the challenging task of pushing through each time you fail, make a mistake, or feel discouraged. A mistake some people make is the belief that discipline and endurance are the same. You can have the discipline to start something, but bearing the pain of endurance is much different. Dedication, self-discipline, and perseverance are all characteristics of one who has the ability to endure. Like all mental muscles, endurance develops over time. Every time you reject the temptation to give up on your goals and dreams, your endurance becomes stronger. At I've Decided, our mission is your success. We know that if you keep going and never give up on yourself, you will get to where you were born to be!

## Your Weekly Winning Word:

### **Endurance:**

The ability to continue dealing with an unpleasant situation for a long time.

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## Your Weekly Winning Article:

When you have endurance, you know you can handle the

consequences of brave personal decisions and you are willing to stick it out. Our article this week gives you 3 things you can do to improve your endurance. Check it out: [Click Here To Read](#)

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## Your Weekly Winning Challenge:

Being intentional about strengthening your mental muscles, such as endurance, takes practice. Be aware of each time you consider changing your mind on your goals. Pay attention to the thoughts that pop into your mind that try and convince you to give up. Remember, every time you reject these temptations, your endurance becomes stronger!

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## Your Weekly Winning Quote:

**Endurance is patience concentrated. ~ Thomas Carlyle**

**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!

**OCTOBER**  
WEEK 3

<b>MONDAY</b> 19	<b>TUESDAY</b> 20	<b>WEDNESDAY</b> 21	<b>THURSDAY</b> 22
	Be sure to tune in to this week's podcast <b>"My Success"</b> Tuesday @Noon live on Facebook Hosted by Kim Martin		
<b>FRIDAY</b> 23	<b>SATURDAY</b> 24	<b>SUNDAY</b> 25	<b>NOTES:</b>
 <p><b>New Member Introduction</b> 2:30-4:30pm <b>Success Social</b> 4:30-6PM Both events in person at The Garden or join on Zoom.</p>		Weekly Winning Resource Arrives in your Email at 5:15pm	

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](#)

#OurCommunity host Andy Thornton, CEO of Greater Peoria Family YMCA, is joined by Cindy Radley Neal, owner of Express Employment Professionals and Chairwoman of the NFIB. Listen in as they discuss the importance of being #Humble, especially as we approach our work. How do you practice being humble in your workplace? Please share!

# Our mission is your success!

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