

Crossing the Stream

Have you ever tried to walk across a small stream in the woods using the stones that lie randomly in the water? Your purpose may be to get to the other side, but you focus on each and every step you take on your path. You look for stones that are visible, within reach and have the ability to bear your weight. With each next step you repeat the same process.

Your eyes stay down intently focused on the next closest stone. Occasionally you look up to judge if you are headed in the direction of your goal, and you adjust your course if necessary. You may not always be able to take the shortest path because there aren't enough solid stones in which to step.

Once you are several steps out you notice how far you've come. You question whether you should continue or go back. But, the path to get back may seem just as unclear as what lies ahead. You move on, being cautious of loose rocks that might wobble as the current gets stronger and deeper. But, you persevere knowing that each step is a step closer to your goal.

Finally you reach your goal and a great sense of achievement washes over you. You celebrate your success and continue on your journey with more enthusiasm and confidence.

Perseverance—defined as “*a steady persistence in a course of action, a purpose, a state, etc., esp. in spite of difficulties, obstacles, or discouragement*” (Dictionary.com)

How often do you set out on a goal and freeze when faced with obstacles and give up? But are you really giving up?

When you freeze in the face of a challenge it's like being stuck in the middle of the stream not sure if you should continue, or even how to continue, or go back.

When you are stuck in the middle of your stream, take a moment to ask yourself,
'What would be the outcome if I were to go back?'
'How would I feel if I were to give up my goal?'

Then ask yourself,
'What would be the outcome if I were to continue on?'
'How would I feel if I were to achieve my goal?'

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