

John Ross Worksheet

Persevere Through Suffering

Persevering through suffering is a very difficult thing to do. Ross did it. You can do it, too. No matter how excruciating your times, no matter how difficult your moment, no matter how intense your suffering resolve to persevere through it as you:

REACH FOR INNER STRENGTH

You are stronger than you think you are.

Retreat: step back from the battlefield. **Ask yourself:**

When was the last time I took a strategic retreat from my daily battles to renew my strength? When is a good time to do it again . . . or for the first time?

Reflect: meditate on the fact you've made it thus far on your success journey. . . . on the tribulations you've already made it through. **Ask yourself:**

What lessons can I draw from my past successes to get through my present challenges? . . . What steps can I take to strengthen myself to persevere through suffering?

REALIZE THE POWER OF UNITY

Perseverance is always harder when you're doing it alone. **Ask yourself:**

Who are some others who are experiencing tough times like me? What's the best way for me to come together with them to unify to generate mutual strength?