



New Pathways Wellbeing Circles

EXPLORING FOUNDATIONS OF WELLBEING

and how the theme impacts on various aspects of our life and contributes to our overall health and wellbeing.

PERSERVERANCE

It is not enough that we do our best; sometimes we must do what is required.

Winston S. Churchill

Most people give up just when they're about to achieve success. They quit on the one-yard line. They give up at the last minute of the game one foot from a winning touchdown.

Ross RoPerot

How to Take Charge of Your Life

- Don't wish it was easier, wish you were better.
- Don't wish for fewer problems, wish for more skills.
- Don't wish for fewer challenges, wish for more wisdom.

Jim Rohn Video

Some of you love sleep more than you love success. If you want to be successful, you gotta be willing to give up sleep. If you go to sleep, you might miss the opportunity to be successful.

Eric Thomas

Does Oprah even need an intro? Everyone knows who the incredible Oprah Winfrey is in today's world! She has motivated and inspired millions of people with her story.

Winfrey was born into poverty in rural Mississippi to a teenage single mother. During her childhood, she was molested and became pregnant at 14 although her son died in infancy. But she didn't let this horrific incident define her future.

Eventually, she landed a job in radio while still in high school. She even began co-anchoring the local evening news at the age of 19. Her emotional ad-lib delivery eventually got her transferred to the daytime talk show arena with massive success. She found success with her Chicago talk show and eventually launched her own production company.

In 2013, she was awarded the Presidential Medal of Freedom by President Obama and honorary doctorate degrees from both Duke and Harvard. Oprah's story is incredibly inspirational and shows you that anything is possible!

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

Favourite Oprah Quote

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

Arnold Schwarzenegger

What seemed to bury him, actually saved him, owing to his confidence and restless efforts.

Unknown

Perseverance from a Hindu perspective

“Work hard” they say. “Everything will work itself out”.

Phrases every individual has grown up hearing. They’re the same phrases Michael Jordan’s mother told him when he didn’t make the high school basketball team. They’re the same phrases that J.K Rowling told herself when publishing companies closed their doors to her. They’re the same phrases that Thomas Edison heard each time he invented yet another lightbulb that just wouldn’t work.

We know that perseverance is the key to success, yet we fail to recognize what it is that allows one to persevere in the face of failure. “It’s not about how many times you’ve failed, it’s how you many times you get back up that matter”. As a senior about to complete her undergraduate studies and prepare for the next stage of life, it is not graduating or being on my own that frightens me, it is having to persevere when I am unable to achieve my dreams that scares me the most.

Don’t get me wrong – I know that hard work is the key to success. But what happens when you try your hardest and it just isn’t good enough? How come there aren’t stories about those that tried their hardest and had to settle for average? Are those people not worth learning about?

Perseverance comes in all shapes and sizes. My faith has taught me that. A Hindu perseveres on a daily basis by controlling their mind, the hardest battle to win. Having the strength to refrain from indulgence is what perseverance means to me.

Do your best. Leave the rest.

Priyanka Patel

You only have control over three things in your life - the thoughts you think, the images you visualize, and the actions you take.

Jack Canfield

As he said, “Motivation” is often nothing more than forcing people to do something they don’t really want to do. In contrast, inspiration affects people from within, giving them the ability to accomplish what would otherwise be impossible.

Inky Johnson

That moment of hesitation is a killer. Hesitation sends a stress signal to your brain. It’s a red flag that signals something’s wrong — and your brain goes into protection mode. This is how we are wired to fail.

Mel Robbins

O MY SERVANT!

Free thyself from the fetters of this world, and loose thy soul from the prison of self. Seize thy chance, for it will come to thee no more.

Baha’i Faith

It does not matter how slowly you go, as long as you do not stop.

Confucius

You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.

Maya Angelou

The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. Because the brick walls are there to stop the people who don't want it badly enough. They're there to stop the other people.

Randy Pausch

A Story

There was an old mule. One day accidentally he fell into the farmer's well. The farmer has evaluated the situation and thought to himself, that neither the well nor the old mule was worth the efforts to save them. Thus he decided to haul dirt to bury the old mule in the well.

So the farmer called his neighbours and together they started to shovel dirt into the well. The old mule was terrified and hysterical in the beginning. But soon one hopeful idea came to his mind – every time when a shovel of dirt landed on his back, he would shake it off and step up!

He repeated these words to himself again and again: "Shake it off and step up". This way he could struggle the panic and encourage himself. After some time, the mule had stepped over the well's wall. Although terribly tired, he was the winner, he saved his own life. He decided to face his adversity positively and not to give up, and thus he won.

You never know what's around the corner. It could be everything. Or it could be nothing. You keep putting one foot in front of the other, and then one day you look back and you've climbed a mountain.

Tom Hiddleston

Live the Life of Your Dreams

When you start living the life of your dreams, there will always be obstacles, doubters, mistakes and setbacks along the way. But with hard work, perseverance and self-belief there is no limit to what you can achieve.

Roy T. Bennett

Angela Lee Duckworth View on Life

American psychologist Angela Lee Duckworth, believes it is better to take a longer-term view of life as this can help us to better navigate the inevitable ups and downs of life.

Think back to the start of this year. Did you have grand plans, a vision for your new improved life, but somehow your daily life got in the way of reaching those goals? The key is whether you see yourself as failing or still waiting to succeed. The answer is crucial, according to Duckworth.

When she was in her late 20s, she left a demanding job as a management consultant for what she said was an even more demanding one — teaching maths to early high school students in New York's public system.

She realised that among her students, whether they were successful or not wasn't about intelligence. When she looked at what determined who was successful, one characteristic emerged as a predictor of success: it was the student's level of resilience, or what she calls "grit".

Grit, as Duckworth defines it, is having passion and perseverance, sticking to long-term goals and having the emotional stamina to keep going, when others have given up. "Grit is living life like a marathon, not a sprint."

Unknown

Continuous effort - not strength or intelligence - is the key to unlocking our potential.

Winston S. Churchill

The Musical Astronaut

Brenda Bongos was a happy, artistic girl, a girl with one big ambition - to play the drums in a band. But one big obstacle lay in her way. To be good enough to play in a band Brenda had to practice a lot, but she lived next-door to a lot of old people - many of them sick - in a care home. She knew that the sound of beating drums and crashing cymbals would really get on their nerves.

Brenda was a very good, respectful, girl. She always tried to find a way of practicing her drums without bothering other people. So, she had tried playing in the strangest places; a basement, a kitchen, an attic, and even in a shower. But it was no good; there was always someone it would annoy. However, determined to practice as much as she could, Brenda spent most of her time playing on books and boxes, and looking for new places to practice.

One day, while watching a science documentary on TV, she heard that sound cannot travel in space, because there's no air. At that moment, Brenda Bongos decided to become a sort of musical astronaut. With the help of a lot of time, a lot of books, and a lot of work, Brenda built a space bubble. This was a big glass ball connected to a machine which sucked out all the air inside. All that would be left inside was a drum kit and a chair. Brenda got into the space suit she had made, entered the bubble, turned on the machine, and... She played those drums like a wild child!

It wasn't long before Brenda Bongos - 'The Musical Astronaut' - had become very famous. So many people came to see her play in her space bubble that she had to mount a pair of speakers so that everyone could listen to her play. Shortly afterwards she came out of the bubble and started giving concerts. Her fame spread so much that the government proposed that she form part of a unique space journey. Finally, Brenda was a real musical astronaut, and had gone far beyond her first ambition of playing drums in a band.

Years later, when they asked her how she had achieved all this, she thought for a moment, and said, "If those old people next-door hadn't mattered so much to me, I wouldn't have gone to such lengths to find a solution, and none of this would have ever happened.

Pedro Pablo Sacristán

Do not judge me by my success, judge me by how many times I fell down and got back up again.

Nelson Mandela

When things go wrong, don't go with them.

Elvis Presley

*Thank you for joining us this evening.
We hope you enjoyed the reflections and discussions.
Please join us for light refreshments.*

Please feel free to invite family and friends to a future session.

Book online for all confirmation details.

Next Session - Wednesday December 4th 7.30pm - 9.00pm

Theme – Hope



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