

Endurance

This week I have been looking at endurance, keeping going, not giving up. I'm better at keeping going at some things than others.

Maybe that is a good place to start, just asking ourselves, where do I have endurance? And where do I find it harder?

For example, I can write for hours. I enjoy the process, I can focus. But I have no stamina for the actual physical act of running. That's why I put the question in the group yesterday asking runners what they have learnt about keeping going, because I wouldn't have a clue. I keep planning to be a runner.

And then there are situations where you don't have a choice, you just have to keep on going, like the one we are in right now.

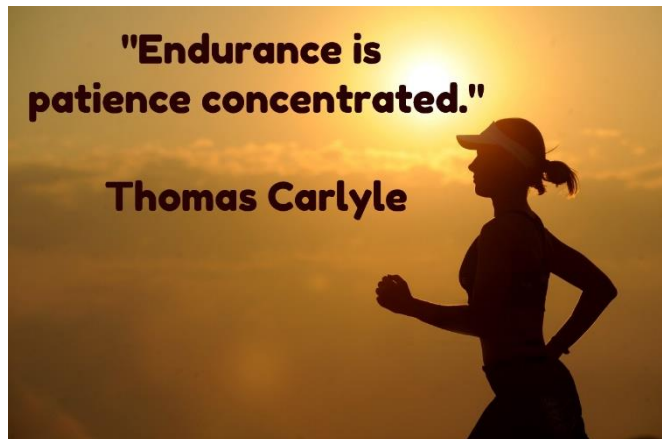
This Facebook group really is all about that. It is all about helping us have endurance and keep going through this period where a lot of us are in different countries than our spouses, where we have to do the day to day parenting, we are working at the same time, we don't know when we are going to see our loved ones again.

Some days are harder or easier than others as well. How do you get through those days where you have to get through the difficult times?

1. Shift the weight around. Imagine you are carrying parcels, and someone adds one to the pile in your arms. What would you do? It is highly likely that you would move the parcels around in order to enable you to carry the extra parcel better along with all the others.

Questions: What are you doing now that you can move? Maybe do it at a different time of day.

Notes:



2. Let go. Maybe it is time to put one of those parcels down...

Questions: Is there anything that you can ask someone else to take on? Are you doing something that is actually someone else's responsibility? What can wait? Is there anything you are doing to the standard that someone else is setting?

Notes:

3. One thing at a time. I was reading an article the other day about Navy SEAL training. Sean Kernan was writing about the 'Four Habits of Discipline' his SEAL dad taught him, and something caught my eye. During Hell Week, the harshest training week of training, *"the people who succeed only look a few minutes in front of them. They don't worry about Thursday or Friday. They are only focused on each individual exercise. They get through it one thing at a time."*

4. Make your own deadline.

This may seem that it doesn't fit with only doing one task at a time, but it is complementary. We break down tasks into smaller chunks for big chunks. Would this work for you for now?

Questions: How could you use deadlines? To bring down a long period of time into smaller chunks or to use as an arrival time for your spouse?

Notes:

5. Using what has worked in the past.

Think about times when you have had to push through.

Questions: What has helped? What has not helped?

Notes:

6. **Enjoying the view.**

Haruki Murakami is a Japanese writer. He has run the Boston Marathon 6 times and takes in his surroundings when he is running. Maybe this can inspire us to enjoy what we can around us. He writes: *"I think the best aspects of the marathon are the beautiful changes of the scenery along the route and the warmth of the people's support. I feel happier every time I enter this marathon."*

Questions: What do you particularly enjoy? How can you enjoy the 'view'?

Notes:

7. **Have Hope:** *"Each day brings new life, new strength, new dreams and new hope. May you find courage, confidence and hope to reach out for your dreams."* **Lailah Gifty Akita**