

GROW





“Perseverance is the hard work you do after you get tired of doing the hard work you already did.”
Newt Gingrich

A black and white photograph of a man with short, styled hair, wearing a dark leather jacket over a dark t-shirt. He is holding a flag on a pole over his right shoulder. The background is slightly blurred, showing what appears to be an outdoor setting with some structures.

IF IT DOESN'T CHALLENGE YOU,
IT WON'T CHANGE YOU

@Wealthquote

Success is like building a muscle – it requires healthy tension to grow. Embrace struggle and success will come your way 🏆📈

We can rejoice, too, when we run into problems and trials, **for we know** that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment.

Romans 5:3

SOW A THOUGHT, REAP
AN ACT;
SOW AN ACT, REAP A
HABIT;
SOW A HABIT, REAP A
CHARACTER;
SOW A CHARACTER,
REAP A DESTINY.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,³ **because you know** that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything

James 1:2-4

The image shows the front cover of the book 'Man's Search for Meaning' by Viktor E. Frankl. The cover features a blue-tinted portrait of the author, an elderly man with glasses, looking slightly to the right. The title 'MAN'S SEARCH FOR MEANING' is printed in large, white, sans-serif capital letters across the top half of the cover. Below the title, the author's name 'VIKTOR E. FRANKL' is printed in a similar font. At the bottom of the cover, there is a small quote: "One of the great books of our time." followed by "—Harold S. Kushner".

MAN'S
SEARCH
FOR
MEANING

VIKTOR E.
FRANKL

"One of the great books of our time."
—Harold S. Kushner

Viktor E. Frank Austrian Psychiatrist

By giving their experience purpose;
people were much more likely to
survive emotionally as well as
physically.

Others, unable to transform the
experiences
under some kind of purpose,
succumbed mentally and emotionally
as well as physically.



Between stimulus and response
there is a space. In that space is our
power to choose our response. In
our response lies our growth and
our freedom.

— *Viktor E. Frankl* —

AZ QUOTES

“mental toughness is something like the physical strength: It cannot develop without exercise, and it breaks down when overworked”

The above was excerpted from an article in The New York Times' Science section, January 5, 2011:
On Road to Recovery, Past Adversity Provides a Map, by Benedict Carey

³Praise be to the ... Father of compassion and the God of all comfort, ⁴who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God

We were under great pressure, far beyond our ability to endure... But this happened that we might not rely on ourselves but on God..... He has delivered us and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers.

1 Corinthians 1

1) When we rely on God to help and comfort

2) When we draw on the God of comfort through others

3) When we know that God will not allow us to cope with more than we can handle

4) When we assign purpose to our trouble

5) When we shift our mindset to joy because of the growth opportunity

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James 1:2-4