

## DAY 31: PATIENCE

As leaders, we must be patient with ourselves. Sometimes, this is the hardest patience of all to extend. We tend to hold ourselves to a very high standard of performance and will not accept anything other than the exceptional and ideal.

The most important thing to remember in being patient with oneself is that we are human. We will make mistakes. Period. We cannot beat ourselves up and berate ourselves for failure. It is in failure that we learn and we grow to succeed the next time. Most of us cannot recall what it was like to learn how to walk. When we were very young, we began to try to use our legs in a new way. Doing so, we fell and stumbled until we learned to balance and move with ease. If we had not learned to find our balance, to build those muscles and experience the sensation of walking, tripping and falling, we would never have progressed to a point of success or eventually learn to walk.

There is an old Japanese proverb about success: "Fall down seven times, get up eight."

### **WE DARE YOU TO...**

Be kind to yourself today. When something doesn't go right, tell yourself, "I did my best; my best is all I have to give. I'll grow and do it better next time." Buy yourself your favorite snack/treat. You deserve it!

*"With love and patience, nothing is impossible."*  
- Daisaku Ikeda





# TAKETIME FOR YOURSELF

WHAT DO YOU LOVE TO DO THAT YOU HAVE NOT DONE IN A WHILE THAT BRINGS YOU BALANCE AND JOY? COMMIT A SPECIFIC TIME TO MAKE THAT HAPPEN IN THE NEXT WEEK.



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