

TRUE G.R.O.W.T.H.
MOTIVATE. INSPIRE. GROW.
PATIENCE IS A VIRTUE

As a kid, I hated hearing my father say, “Patience is a virtue.” It was his way of saying good things come with time. Patience is what helps us understand that *true* value lies in the process we take to bring our aspirations within reach. Patience provides us with the ability to trust the steps we take will lead us to where we want to go.

But that takes time, and as a society, we hate waiting. We look for that instant gratification in everything we do. We know what we want, and when we want it. Now. We want the reward before we put in the work. That is why “get rich quick schemes” are so appealing! TRUE G.R.O.W.T.H. takes time and that requires patience. It requires us to identify an end goal and work backwards from there. Once we know what we want to achieve we must create a process, and *trust* that process, to get us there.

This can be hard to do for the truly motivated. It’s difficult to pump to breaks to assess your next move, but this is crucial to TRUE G.R.O.W.T.H. We must be able to appreciate the order of things in our process. That’s why doctors go to medical school before they become doctors, to learn the knowledge and acquire the skills and experience they need to practice medicine. Whatever our end goal is, the same process applies. We must be willing to acquire the knowledge and experience as we go. “Get rich quick schemes” don’t work for that very reason. Great things take time.

We must be willing take the necessary steps to accomplish our goal. Becoming a doctor requires medical school. Being an author requires you to write something. Buying a house requires financial preparation. Anything is possible but everything has a process, and everyone’s process is different. Don’t compare yourself to anyone else’s timeline. Plans change, obstacles appear, adaptations are needed, and adjustments are made. That is TRUE G.R.O.W.T.H.

Identify your end goal and create a tentative plan to get you there. Build contingencies and backup plans to help you adapt along the way. Understand that the plan will likely change with time but give yourself somewhere to start. Be patient and take each step in stride toward

the end goal. The process you create must fit your lifestyle and the life you want to live. It must align with your values and what you want your life to stand for. Build a strong foundation and understand, the beginning of your journey takes the most time but is well worth it in the long run. Appreciate your process.

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