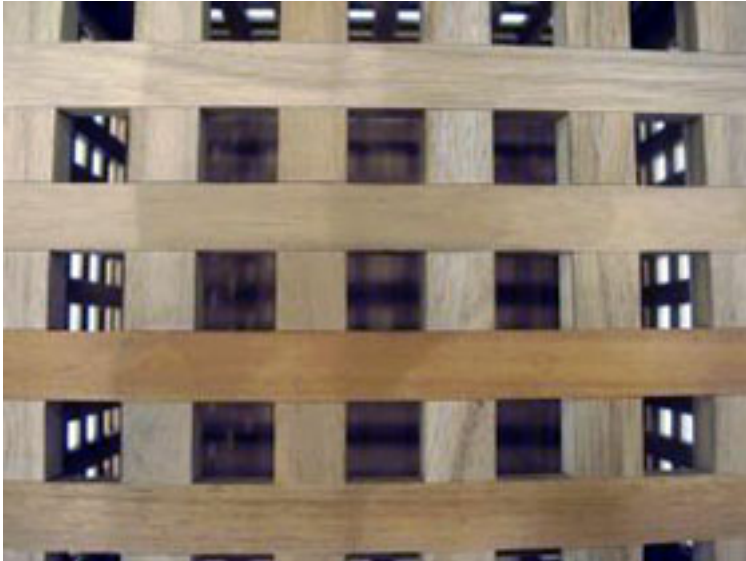


Motivational Moments: How you handle adversity

Written by Penny Jones-Richardson
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What is the definition of being strong?

Who defines if you are a strong person or not? Is your strength measured by your actions or the things that you do on a regular basis? Strength has nothing to do with your muscles, and everything to do with the way you handle life's adversities.

In my family there are many people who have amazing strength, but one person that stands out the most is my sister. This woman is one of the strongest women I know. Her son, my nephew, was murdered many years ago. Even though they ruled his death as an accident at first, she never believed that from Day One. She fought for more than 20 years to find the truth and eventually did. The individuals who were guilty of this crime were arrested and are now serving life sentences.

When I think of what my sister had to go through, I often wonder where she found the strength to go on. This was a tragic event for our family, but more devastating for her. There were many days that I am sure she was tired and needed rest. But her determination to find the truth kept her going. This is what happens when a person is so persistent on completing a goal. My sister's goal was to find who did this to her son and nothing was going to stand in her way. She had to use every bit of strength she had to complete this and see this to the end.

This is how determination along with persistence works. If you are determined to reach a goal you will find the strength to do it. Even when you are at your weakest moment, completing this goal will always be on your mind. Any goal that you set for yourself may keep you up at night and it may be all you think about until it is complete. But this will show how strong you really are and how bad you want to finish what you started. Stay strong and know that you have the strength to complete anything you start.

And as always, stay focused, stay determined and keep striving for greatness.

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