

The Eight Factors of Persistence

Good To Feel Good

Thank you for downloading this free worksheet. This document has been produced to help you develop a mindset of Persistence based upon the *Eight Factors of Persistence* shared to us in Napoleon Hill's, Think and Grow Rich.

Please take your time with this worksheet and be as brutally honest with yourself as you can.

You will benefit more greatly if you print this worksheet out, and complete it when you will not be disturbed.

Wishing you continued success,

A handwritten signature in cursive script that reads "Gary Evans". The signature is written in black ink and is positioned above the typed name and title.

Gary Evans, President

Good To Feel Good

<http://www.goodtofeelgood.com>

DEFINITENESS OF PURPOSE. Knowing what one wants is the first and, perhaps, the most important step toward the development of persistence. A strong motive forces one to surmount many difficulties.

DESIRE. It is comparatively easy to acquire and to maintain persistence in pursuing the object of intense desire.

SELF-RELIANCE. Belief in one's ability to carry out a plan encourages one to follow the plan through with persistence. (Self-reliance can be developed through the principle described in the chapter on auto-suggestion).

DEFINITENESS OF PLANS. Organized plans, even though they may be weak and entirely impractical, encourage persistence.

ACCURATE KNOWLEDGE. Knowing that one's plans are sound, based upon experience or observation, encourages persistence; "guessing" instead of "knowing" destroys persistence.

CO-OPERATION. Sympathy, understanding, and harmonious cooperation with others tend to develop persistence.

WILL-POWER. The habit of concentrating one's thoughts upon the building of plans for the attainment of a definite purpose, leads to persistence.

HABIT. Persistence is the direct result of habit. The mind absorbs and becomes a part of the daily experiences upon which it feeds. Fear, the worst of all enemies, can be effectively cured by *forced repetition of acts of courage*. Everyone who has seen active service in war knows this.

Do I have a definiteness of purpose?

If you answered NO, write down how you can improve below.

Do I have an intense desire to achieve my goal?

If you answered NO, write down how you can improve below.

Do I believe I can achieve my goal?

If you answered NO, write down how you can improve below.

Do I have a clear, concise and definite plan to follow?

If you answered NO, write down how you can improve below.

Do I have the knowledge or experience required?

If you answered NO, write down how you can improve below.

Am I working harmoniously with others around me?

If you answered NO, write down how you can improve below.

Do I have an abundance of will-power at my disposal?

If you answered NO, write down how you can improve below.

Have I acquired the habit of being persistent?

If you answered NO, write down how you can improve below.
