



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

The Fight

Jon Gordon, in one of his recent weekly newsletters, shares the following about fighting the good fight as we live our lives each day. I thought each of us would benefit from this reflection as we battle to be our very best.

The beautiful thing about life is that we get to choose what we will fight for.

You can fight to build a strong team and/or family. You can fight to keep your great employees. You can fight to build a great culture. You can fight for the principles and causes you believe in. You can fight to keep your customers and grow your business. You can fight to improve your health. You can fight to win your starting position on your sports team. You can fight to do what's best for our children in schools. You can fight to save lives.

You can fight for anything, so the big question is: What will you fight for? To answer this, you need to answer one more question: Is it worth it?

- > If it's worth it, you will fight for it.
- > If it's worth it, you won't give up when it gets hard.
- > If it's worth it, it's worth your time, commitment, energy, sacrifice, and focus.
- > If it's worth it, then it's worth fighting the good fight.

Sure, there will be battles that make you afraid. There will be times when you fail. There will be days when you get knocked down. There will be moments when you want to give up.

During your darkest times, always remember that stars shine their brightest in the darkness. Your greatest victory will come after your toughest battle. Love drives grit and casts out fear. If you love it, you will fight for it and overcome your fear in doing so. Your vision and purpose are greater than your challenges. Failure is temporary. The character and strength you develop while fighting the good fight are what endure.

It's worth it and so are you!

Fight the good fight this week – and every week!

