



Mondays

with Mike
AULTCARE

WEEKLY PLAN

MONDAY

TUESDAY

Patience and Wisdom

I attended a 10-year anniversary celebration for a program sponsored by Leaders Edge. At the opening of this program, Dwight Mason shared a unique and reflective message about patience and wisdom. He opened with a great quote from St. Augustine:

Patience is the companion of wisdom.

And then went on to say:

Most of us live life at a fast pace, which makes patience difficult. It is a wise person, though, who sees the big picture. Patience is the ability to endure under difficult circumstances without being annoyed or anxious, accepting delay or difficulties calmly. Patience is not passive or indifferent. It is proactive. It's essential because we know that there will be problems along life's journey.

People will irritate us, and situations will frustrate us. But we must stay patient, focusing on what is needed. When we lose patience, we lose focus, which diminishes perseverance. It can hijack our attention, and we lose focus on the goals in front of us. Impatient people lose the focus on what really matters. Patient people have a calming effect on others.

To say that patience is a virtue is an understatement. It's really more of a skill – one that can be learned and nurtured. It is a result of choosing to emphasize thinking over feeling.

This week, let's be aware of those events that may push our patience buttons and then refuse to let those events hijack our attention. Exercising patience will help others see how effective this can be to achieving results in all areas of our lives. We gain a persevering energy along the way!

Have a great week!

