



# MONDAYS

*with Mike*

## AULTCARE

Weekly  
PLAN

monday

## The strenuous life . . . choosing strength over circumstance

Theodore "Teddy" Roosevelt was born in 1858, the second of four children. He had repeated nighttime asthma attacks that felt like he was being smothered to death, and doctors could not cure him. Add to that the fact that he was extremely near-sighted, and by all standards, he was a weak boy who could not see very well. Instead of letting his circumstances dictate his strength, he worked to improve what he could in himself and strive after fearlessness. He mocked his circumstances.

That focus led to the following accomplishments:

- > He became a competitive rower and boxer at Harvard
- > Served in the Army
- > Was vice president of the United States
- > Governor of New York
- > Earned a Medal of Honor
- > Received the Nobel Peace Prize
- > Was elected the 26th president of the United States in 1901

He chose the strenuous life. His approach was that no weakness was so big to prevent one from displaying strength. Strength and toughness are not elusive. His strength started with weakness. He offered no excuses, regardless of his circumstances.

Humorously, he shared, "If I kicked the person in the pants most responsible for my problems, then I wouldn't be able to sit down for a week."

Jim Rohn shares it this way, "Excuses are the nails used to build a house of failure."

This week, let's all choose the strength we have to offer over the excuses of the circumstances that we find ourselves in.

Have a strong week!

