



Mondays *with Mike*

AULTCARE

MONDAY TUE

Belief

We are only as strong as the challenges that we have overcome. Dr. Randy Pausch, the author of *The Last Lecture*, wrote this about adversity and belief:

The brick walls are there for a reason. The brick walls are not there to keep us out. The brick walls are there to give us a chance to show how badly we want something. The brick walls are there to stop the people who don't want it badly enough.

Wow, have we ever stopped to think about the brick walls in our lives with this type of thinking? This past year's pandemic "brick walls" are a perfect example of managing adversity through the power of belief. We all have had to "overcome" issues in our lives through the power of belief.

Belief ignites and activates us. It unleashes us. Because it is so sharply focused, it blows through doubt and distractions and empowers us to perform at our highest levels – as spouses, teammates, parents, leaders of organizations, and friends to those in need.

This week, when a "brick wall" surfaces, view it as Dr. Pausch has suggested. Let's show how badly we want something. Ignite and unleash your best through the power of belief! Scale that wall!

Have a great week!

