



Mondays with Mike

AULTCARE

MONDAY TUE

Passion – Conviction – Ideals

Passion. A strong feeling or emotion.

Conviction. A firmly held belief.

Ideals. Guiding principles that you will not compromise.

When we combine the energy and meaning of these words, we have something like this:

Personal guiding principles that we hold so tightly that we will pursue them with great commitment and sacrifice.

Former NFL player, Silver Star, and Purple Heart recipient, Pat Tillman, shares this about passion, conviction, and ideals:

“Passion is what makes life interesting, what ignites our soul, fuels our love and carries our friendships, stimulates our intellect, and pushes our limits.”

In order to be passionate about something, we must have a strong understanding of our ideals and principles. We must know what is important to us.

As we open our week, let's take a moment to reflect upon what we are passionate about, hold firmly as a belief, and will not compromise. This type of personal development will help us manage the choppiness of life's circumstances. It grounds us and gives us purpose. Let's get lost in noble ideals and then act upon them. We will rise above any/all challenges that life presents. And we help others along the way.

As Ralph Bunche shares, “Hearts are the strongest when they beat in response to noble ideals.”

Have a great week!

