

HOW TO STRENGTHEN YOUR RESOLVE

By
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"Resolve to perform what you ought; perform without fail what you resolve." These simple words of advice are from Benjamin Franklin and apply to anyone who needs to take action.

To explore what it takes to strengthen resolve, we must first determine what resolve is, why it's important, where it resides, what will weaken it and then focus on what makes it stronger.

What is resolve? To clarify the meaning of resolve, the dictionary describes it as *"making a firm decision."* Other words that define resolve include purposefulness, commitment, determination, firmness, and decidedness. In practical terms, *who and what you are today is a reflection of your resolve in the past. Who and what you are to become will be a manifestation of your resolve today.*

Why is resolve important? Resolve is our steering mechanism that keeps us committed to staying on course to our desired objective. It makes us do things, accomplish goals, achieve objectives and it is resolve that puts us into action. Without it we'd be like a ship without a rudder, drifting aimlessly on the ocean of life.

Where is resolve to be found? Some believe that resolve is solely an intellectual process that it resides only in the mind. While it's true that without the mind, resolve could not be activated, the real power of resolve is located much deeper than the mind. It resides in the intuition, in the heart, in the spirit and in every cell of our being. We don't think about resolve ... we feel resolve ... we are resolved! Resolve is also a constantly renewing resource. Every day, we awaken with renewed resolve. Even a conscious moment is an opportunity to renew our resolve. So the true power of resolve also resides in the present moment.

What diminishes or weakens our resolve? Victim behaviors, such as blaming, criticizing, negatively judging, complaining and making excuses will all serve to weaken or diminish our resolve. If we stop engaging in any or all of these behaviors, it will serve to strengthen our resolve. What else will diminish our resolve? Well, if the power of our resolve can be accessed in the present moment, any time we are invested in the future by being fearful, worrying or attached to expectation our resolve will be weakened. Furthermore, if we are dwelling in the past on issues such as guilt, anger or disappointment, these too will serve to diminish our resolve.

What strengthens our resolve? As mentioned earlier, when we cease engaging in victim behaviors, when we let go of the negative influences of the past or the future, when we are focused in the present moment, our resolve is at its strongest and most powerful. What else strengthens our resolve? When we are confident and feel good about ourselves, when we have the courage of our convictions, when we doubtless know that our actions are steering us towards our goal, when we are unhesitating, focused and fearless, our resolve will perform its dutiful tasks, guiding us to our objectives, goals and achievements.

Motivational speaker, Anthony Robbins said *"I believe life is constantly testing us for our level of commitment, and life's greatest rewards are reserved for those who demonstrate a never-ending commitment to act until they achieve. This level of resolve can move mountains, but it must be constant and consistent. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret."*

Finally, it is only with a pure, strong and unwavering resolve we have the necessary power to achieve our greatest goals, accomplish our boldest objectives and realize our grandest dreams!