

The Power of Patience

They say that patience is a virtue, but learning how to be patient is a challenge for many people. It's not unusual to feel some urgency about achieving goals and dreams.

Patience is the ability to consider the best course of action rather than reacting instinctively to events. Three qualities that are common in people with patience include:

- ▶ **Persistence.** People who are patient are better able to work steadily toward accomplishing goals. They don't give up when they get frustrated or hit a roadblock.
- ▶ **Serenity.** People who are patient do not allow feelings of anger, panic, or fear to get in the way of their dreams. They maintain perspective and stay focused on the bigger picture.
- ▶ **Resilience.** Patience helps people cope with obstacles and respond to challenges with courage and optimism.

Patience is a quality that can be developed over time. If you are looking for ways to improve your patience levels, try these tips:

- ▶ **Reframe problems by asking how they could result in good outcomes.** Instead of dwelling on the negative, consider taking the hopeful view in a difficult situation.



- ▶ **Remind yourself that frustration is temporary.** When something is upsetting you, remember that it is not going to last forever. Take a breath, slow down, and try to focus on the positive.
- ▶ **Take a mental vacation.** When you are in a stressful situation, take a mental trip to a favorite spot or draw upon a memory that helps you relax. Practicing meditation or creative visualization may make it easier for you to stay calm when you are stressed.
- ▶ **Ask for help.** Impatience may be the result of schedule overload. If constant demands are leaving you short-tempered, look at ways to cut back on obligations. Ask others to pitch in when appropriate.
- ▶ **Express gratitude.** One way to improve your patience is to focus on what you have rather than what you do not. Having an "attitude of gratitude" may help those around you to focus on the positive as well.


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