

# INSTEAD OF QUITTING, TRY THIS!

In the last lesson, you learned some tips that will help you finish what you start. But what if quitting is the best choice? Today, we'll go over some tips to help you decide if you really should quit or not. If not, we have some strategies for you to help overcome the desire to quit a project prematurely.

The most successful people have an uncanny ability to keep going when everyone else would quit. **Your success is tied your ability to keep working after you have the urge to quit.** Quitting is a negative habit, and it's often learned at a young age. Learn how to continue making progress no matter how strong the urge to quit grows.

# CONSIDER THE REASONS YOU FEEL LIKE QUITTING IN THE FIRST PLACE:

1. **You lack energy.** A lack of energy isn't just a reason one might quit a marathon. It's also a common reason for quitting other pursuits. Exhaustion can be physical or mental. To help counteract your exhaustion:
  - Get a full night of sleep.
  - Get better control over your schedule.
  - Streamline your life.
  - Eat more nutritious foods.
  - Learn how to relax.
2. **You lack focus. Too many distractions can result in the desire to quit.** Are you trying to accomplish too many other things? Some people can deal with more goals than others. If you feel overwhelmed, narrow your focus to your most important goals.
3. **It's not that important to you.** Do you have a good enough reason to keep going? Why are you doing this activity in the first place?

- Remind yourself of why it's important to keep going. Maybe the best motivation you can find is setting a good example for your children. Maybe the most important issue is self-respect. **Find a good reason to continue.**

Understand the reasons you feel the desire to quit. Whether it's a bad job or a horrible diet, there are times we all consider quitting. **However, quitting isn't always an adverse choice.**

We've been taught to believe that quitting is synonymous with failure, but some activities or relationships aren't worth continuing. It's important to arrive at a decision to quit or continue consciously, rather than making a reflexive decision.

## **TRY THESE TECHNIQUES TO AVOID QUITTING PREMATURELY:**

1. **Hit the pause button.** Most poor decisions could be avoided by taking a short pause. When you're stressed, overworked, overtired, and fed-up, rash decisions become the norm. **Give yourself the time you need to make a wise decision.** Allow

your head to clear before you make a decision that changes your life. Most decisions can wait.

2. **View the situation objectively.** Try to be objective and weigh the situation carefully. Enlist the help of a friend if necessary. It can be easier to evaluate someone else's situation accurately than your own.
3. **Consider the worst-case scenario. Think long-term.** Quitting is an easy choice when you only consider the short-term ramifications. You can relieve your stress almost immediately! However, what are the long-term consequences? If you quit your job, what will happen if you can't find another one?
  - Reconsider quitting if the long-term consequences are too severe. A little relief now isn't worth long-term pain.
  - Who will be impacted by your quitting? Your boss? Coworkers? Family? The members of your church softball team? Who is affected?
  - What message are you sending to your children? What would you recommend to a child in a similar circumstance? Your children are always watching. Be sure to

set a good example.

4. **Ask yourself if a new approach is warranted.**  
Maybe you shouldn't quit. Maybe you need a new plan. Not getting the results you desire isn't necessarily a sign that you should call it quits. **Poor results indicate an ineffective process. Perhaps all you need is a tweak to your approach.** Major accomplishments are accompanied by numerous failed attempts.
5. **Ask yourself why you're considering quitting.** Is it because you don't believe you can be successful? You don't have the resources you require? Do you not enjoy the job, activity, or relationship in question? Are you lacking the necessary time?
  - Some reasons for quitting are better than others. Quitting a second job you don't need so you can spend more time with your children is a good reason to quit. Ending your marriage because your spouse won't pick up his dirty socks might be a bit extreme.
  - **Is there another solution besides quitting?**

6. **Consider the times you've given up in the past.**

How do you feel about those events today? Was quitting a good idea or do you regret it? How are you likely to feel in the future about quitting in your current situation? **Sometimes it's necessary to lower your head and keep going.** There are times when quitting is the best choice. However, when it's not the best choice, it's necessary to be strong and keep going. Stick with that horrible job until you have something else lined up. Give counseling a try before quitting on another relationship.

Take a moment before making a hasty decision.

Quitting isn't to be taken lightly. **Before making the decision to quit, consider the consequences, consult with a trusted friend, and consider your history.** In some instances, quitting is final. Avoid creating long-term challenges to alleviate stress in the short-term. Give yourself the time you require to make a wise decision.

You're almost done! We'll use the next lesson to summarize and reflect on the strategies you learned to help you persevere. Then, we'll move on to the last module, where you get to write your own success story!

## **HERE'S WHAT YOU NEED TO DO TODAY:**

Consider your most recent episode of quitting. Mentally go back in time and apply the process described above. Would you have made the same decision?