

determination

song: **Determination** – DJ T-Rock

week #4

word [noun: own it]

- The act of making or arriving at a decision
- A fixed intention or resolution; a fixed movement toward an object or end
- The settling of a question or case by an authoritative decision or pronouncement

assurance, boldness, bravery, certainty, constancy, conviction, courage, dedication, drive, energy, fearlessness, fortitude, guts, heart, nerve, persistence, purpose, resolution, self-confidence, steadfastness, tenacity, willPower

“The difference between the impossible and the possible lies in a person's determination.” - Tommy Lasorda

Determination is a magical element which illuminates your life. Commit to take action, to strive, to struggle, to have passion for your wishes, desires and dreams. This is your life. Do you want to crawl or fly?

Have you ever found yourself stuck “doing nothing”, waiting in fear, in a state of non-commitment? This place breeds depletion of self-confidence. If you find yourself unclear or unfocused, it's time for a decision. Act now.

“You've got to get up every morning with determination if you're going to bed with satisfaction.” – George Lorimer

Commitment will lead to change, which is better than staying in purgatory with fear. Setting a goal and demanding a standard for yourself requires effort, diligence, patience, and willPower, but also that magical element of determination which comes from deep within your heart, your nerve, your essence.

“Success is not final, failure is not fatal; it is the courage to continue that counts.”
- Winston Churchill

ACTION: *Determination is like a muscle: we must continually train if we are to enhance endurance and build strength. This week, set a goal or make a decision, and stick to it – no matter what.*



The Squat exercise is a perfect reminder that for the rest of our lives we will stand up, and sit down. This week, practice determination as you push off against the force of gravity.

January Color: Caramel

Surround yourself with caramel, brown and other golden earthy hues to assist your determination, tenacity and resolve.

- Practical
- Determined

Chakra: Solar Plexus

The solar plexus chakra governs the upper abdomen, stomach, liver, gall bladder, pancreas, intestine and spleen and pancreas. Strengthening and balancing this chakra will keep these organs healthy and functioning.