

struggled to be consistent with something you care about, maybe my struggle will resonate with you too.

It has been 939 days since November 12, 2012.

That's the date when I first published an article on JamesClear.com and it's almost 2 years and 7 months ago. During these 939 mostly glorious, sometimes frustrating days, I have written a new post every Monday and Thursday. Week after week. Month after month. Year after year.

Today, I Feel Like Giving Up

But today? Well, today I am struggling. Today, I

don't feel like writing.
Today, I don't feel like
sticking to the routine.
Today, I don't feel like I
have any great ideas and I
don't feel like I have
enough time to make the
good ideas great. Today, I
feel like giving up.

Research from the
University of
Pennsylvania has shown
that grit is the
characteristic linked most
closely to success. I could
use some grit today.

Here's what I try to
remind myself of when I
feel like giving up...

Your Mind is a Suggestion Engine

Consider every thought

you have as a suggestion,
not an order. Right now,
my mind is suggesting
that I feel tired. It is
suggesting that I give up.
It is suggesting that I take
an easier path.

If I pause for a moment,
however, I can discover
new suggestions. My
mind is also suggesting
that I will feel very good
about accomplishing this
work once it is done. It is
suggesting that I will
respect the identity I am
building when I stick to
the schedule. It is
suggesting that I have the
ability to finish this task,
even when I don't feel
like.

Remember, none of these
suggestions are orders.
They are merely options. I

have the power to choose
which option I follow.

Discomfort Is Temporary

Relative to the time in
your normal day or week,
nearly any habit you
perform is over quickly.
Your workout will be
finished in an hour or
two. Your report will be
typed to completion by
tomorrow morning. This
article will be finished in
just a moment.

Life is easier now than it
has ever been. 300 years
ago, if you didn't kill your
own food and build your
own house, you would
die. Today, we whine
about forgetting our
iPhone charger.

Maintain perspective.
Your life is good and your
discomfort is temporary.
Step into this moment of
discomfort and let it
strengthen you.

You Will Never Regret Good Work Once It is Done

Theodore Roosevelt
famously said, “Far and
away the best prize that
life has to offer is the
chance to work hard at
work worth doing.” So
often it seems that we
want to work easily at
work worth doing. We
want our work to be
helpful and respected, but
we do not want to
struggle through our
work. We want our

stomachs to be flat and
our arms to be strong, but
we do not want to grind
through another workout.
We want the final result,
but not the failed attempts
that precede it. We want
the gold, but not the
grind.

Anyone can want a gold
medal. Few people want
to train like an Olympian.

And yet, despite our
resistance to it, I have
never found myself
feeling worse after the
hard work was done.
There have been days
when it was damn hard to
start, but it was always
worth finishing.
Sometimes, the simple act
of showing up and having
the courage to do the
work, even in an average

manner, is a victory
worth celebrating.

This Is Life

Life is a constant balance
between giving into the
ease of distraction or
overcoming the pain of
discipline. It is not an
exaggeration to say that
our lives and our
identities are defined in
this delicate balance.
What is life, if not the
sum of a hundred
thousand daily battles and
tiny decisions to either
gut it out or give it up?

This moment when you
don't feel like doing the
work? This is not a
moment to be thrown
away. This is not a dress
rehearsal. This moment is

your life as much as any other moment. Spend it in a way that will make you proud.

Let the World Decide

So, what do I do when I feel like giving up? I show up.

Do I show up at my best? I doubt it. But my job isn't to judge how good or how bad I am.

My job is to do the work and let the world decide.

FOOTNOTES