Three Quotations 100 to 98

100. [I love you the more in that I believe you had liked me for my own sake and for nothing else.](https://www.brainyquote.com/quotes/john_keats_386110) [*John Keats*](https://www.brainyquote.com/authors/john-keats-quotes)

99. [But man is not made for defeat. A man can be destroyed but not defeated.](https://www.brainyquote.com/quotes/ernest_hemingway_152926) [*Ernest Hemingway*](https://www.brainyquote.com/authors/ernest-hemingway-quotes)

98. [When you reach the end of your rope, tie a knot in it and hang on.](https://www.brainyquote.com/quotes/franklin_d_roosevelt_101840) [*Franklin D. Roosevelt*](https://www.brainyquote.com/authors/franklin-d-roosevelt-quotes)

**“When you reach the end of your rope, tie a knot in it and hang on.”** — *Franklin D. Roosevelt*

Sounds like great advice, right? But what does it really mean? I think Roosevelt was trying to tell us a couple things.

First, when it feels like everything’s going wrong, don’t give up. Giving up never made anything right. It’s only when you hang on and keep on fighting for what you want that you’ll get there. That’s the ‘hang on’ part.

And second, ‘the knot’ is really important too. Roosevelt is suggesting that you find one thing that you can specifically hold onto. Whether it’s an accomplishment or a task you have complete control of. Something that you can grab with both hands and feel like you’ve made progress… maybe just stopped falling!

If it’s a stressful situation that’s making you feel out of control and at your wit’s end, look for something that you can fix or find some hope in, even if it’s just a tiny thing.

If it’s your business, or even your blog, work on one thing at a time. To Do lists are great, until they get so massive that they become daunting and overwhelming. Try breaking that list up into more actionable and achievable chunks!

That’s been the case for me these past two weeks, both personally and with work. I’ve had to re-focus more than once on smaller tasks that I know I can handle and conquer, and avoid the oppressing overwhelm flowing out of everything else going on.

So tie that knot and hang on!

<https://medium.com/@mikeallton/when-you-reach-the-end-of-your-rope-tie-a-knot-in-it-and-hang-on-franklin-d-roosevelt-a303a1bfbe45>

(Optional) A Man Can Be Destroyed But Not Defeated

I spent my beach vacation just off the popular 30A stretch in Seaside, Florida. My habit of rising early paid off since it gave me time to take quiet, reflective walks along the beach in the morning. The rest of the days were spent enjoying my time off with my family and Ernest Hemingway.

I dusted off a copy of [*The Old Man and the Sea*](http://en.wikipedia.org/wiki/The_Old_Man_and_the_Sea)from my bookshelf before we departed. It’s one of those classic books most people read in school, but for some reason I had missed it. The bulk of the story takes place off the coast of Cuba. During a run of bad luck, Santiago, a seasoned fisherman, ventures into the sea to attempt to break his losing streak.

Alone in a tiny boat and poorly equipped, the old man gets into an exhausting battle with a beast of a fish. I won’t ruin the end for you, you’ll need to read it yourself. However, I will share my key takeaway from the book.

As a small business owner, there are certainly down days as there are up ones. I have had times in my past where I would dwell on the negative, it still occurs, but I do my best to keep my chin up and plow through. It is easy to feel ill-equipped when you are overwhelmed with your business. Life is too short to let the stress shorten it further.

“Now is no time to think of what you do not have. Think of what you can do with what there is.”

I believe Hemingway hit the nail on the head (or the shark on the head). Read this quote again and remember it because it’s important. Whether you are a business owner during a slump or someone who is feeling blue, remember you have what it takes right now to make a change. Use what you have.

Santiago was deep at sea, bloodied and desperate. Talking to himself, he exclaimed, “But man is not for defeat. A man can be destroyed but not defeated.”

Even if it seems you have very little, consider what little the old man had with him alone at sea. Even on land he had little. Read or reread this classic and then consider how good you have it. You are in better shape than you think.

Never accept defeat.

<https://medium.com/@davedelaney/a-man-can-be-destroyed-but-not-defeated-7460de70df1a>

Questions

1. What’s your favorite quote? Please share your story.
2. Please share a story about the unconditional love (or quote number 100).
3. Please share a story about the determination of not giving up (or quote number 99).
4. What would be your knot in a complex or difficult situation? Or you can talk about the quote number 98.
5. If you still have time, you can do the same on the next 3 quotes.

(Optional)

97. [There is nothing permanent except change.](https://www.brainyquote.com/quotes/heraclitus_165537) [*Heraclitus*](https://www.brainyquote.com/authors/heraclitus-quotes)

96. [You cannot shake hands with a clenched fist.](https://www.brainyquote.com/quotes/indira_gandhi_100042) [*Indira Gandhi*](https://www.brainyquote.com/authors/indira-gandhi-quotes)

95. [Let us sacrifice our today so that our children can have a better tomorrow.](https://www.brainyquote.com/quotes/a_p_j_abdul_kalam_178504) [*A. P. J. Abdul Kalam*](https://www.brainyquote.com/authors/a-p-j-abdul-kalam-quotes)