

The Power of Patience



Patience isn't being submissive; it is the power to act at the appropriate time. It's knowing when to act by effectively practicing waiting and watching and knowing when you are in control. The lack of patience can lead to frustration.

Frustration is an obstacle to writing which can stifle your creativity and delay gratification by seeking immediate results. Patience allows you to overcome frustration and recover instead of giving up on your writing. Patience is a coping skill that can free your frustration and help you achieve your desired outcome. You can try to force an outcome, but that can bring out the worst in you. Or, you can learn to transform frustration to patience to bring out the best in you.

Okay, what is the difference between patience and procrastination?. The real enemy of a writer is procrastination. If you are waiting for something or someone, you're patient. If something or someone is waiting for you, that's procrastination. Essentially, it is avoiding a task that needs to be done to reach your desired outcome. Procrastination leads to failure. Patience leads to success.

Any dream fulfilled necessitates acting. Is there something you can do today to move your writing project forward?

Successful writers know the difference between patience and procrastination. Be patient. Don't procrastinate. "Make it Happen!"

"Yesterday, I did nothing, and today I'm finishing what I did yesterday."

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Referenced and adapted from Judith Orloff, M.D., *The Power of Patience*, Jim Stovall, *Patience and Procrastination*, and Nicole Conner, *Patience or Procrastination? Know the Difference ... Know Thyself*

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