

UNBROKEN AND UNSTOPPABLE

The Power of Perseverance

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So You Want To Be A Trumpet Player



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If you have been playing the trumpet for any length of time, you have figured out that there are days, and then there are days, right?

Overview:

Perseverance is the quality of continuing to try hard and persist in the face of obstacles, difficulties, and setbacks. It involves maintaining motivation and focus, even when faced with challenges that may seem insurmountable.

Perseverance is a vital trait for achieving success and overcoming adversity in various aspects of life, including personal growth, education, career, and relationships. It is the unwavering determination to achieve a goal, despite the challenges that may arise.

“It’s your attitude, not your aptitude that will determine your altitude”. - Zig Ziglar

Definition:

Perseverance is the continued effort and determination to accomplish a task, even when faced with difficulties and obstacles. *It involves staying committed, focused, and motivated, even when the journey gets tough.*

“Fall seven times, stand up eight”
– Japanese proverb



You've got to say:

"I think that if
I keep working
at this and want it
bad enough
I can have it"

**It's called
perseverance.**

1975 CLINIC ADDRESS

by Prof. William A. Adam

In everyone's life, many obstacles present themselves. These have to be overcome by positive thinking and by a positive approach to the problem at hand. We need to make sure that our own self-image is true and honest. I would like to recommend a book to you written by Maxwell Maltz called Psycho-Cybernetics

It contains "down on the farm" philosophy that can help a person create their self-image and give them a tremendous insight into their own life. Sometimes, we are acting and thinking positively, but not always toward our own fundamental goals. We must work on our "true self-image."

I believe that playing the trumpet is one means of growing mentally and of continuing to grow, of seeking the truth, and of meeting all challenges that we have to meet.

Importance: Perseverance is essential for achieving success in various areas of life, including:

1. Education: Perseverance helps students to stay motivated and focused, leading to better academic performance and achievement.
2. Career: Perseverance is crucial for career advancement, as it helps individuals to overcome obstacles and stay committed to their goals.

3. Personal Growth: Perseverance enables individuals to develop resilience, self discipline, and self confidence leading to personal growth and self-improvement.

4. Performing Arts: Perseverance is vital for those involved in the Performing Arts, as it helps them to push through challenges and achieve their goals.



“Oh yes, the past
can hurt. But, you
can either run
from it or learn
from it” – Rafiki,
The Lion King

Benefits: Perseverance offers numerous benefits, including:

- 1. Building Resilience:** Perseverance helps individuals to develop resilience, enabling them to bounce back from setbacks and failures.
- 2. Developing Self-Discipline:** Perseverance requires self-discipline, which helps individuals to stay focused and motivated.

3. Enhancing Self-Confidence: Perseverance boosts self-confidence, as individuals achieve their goals and overcome challenges.

4. Fostering Creativity: Perseverance encourages individuals to think creatively, finding innovative solutions to problems.

Strategies for developing persistent perseverance:

1. Set clear and achievable goals.
2. Break tasks into smaller steps.
3. Find support and encouragement from friends.
4. Embrace failure as a learning opportunity.
5. Practice mindfulness and self care.

Quotes:

“Perseverance is not a guarantee of success, but it is a prerequisite for success.” – Unknown

“The only way to do great work is to love what you do.”
– Steve Jobs (1955-2011)

“ If you can't fly, then run; if you can't run, then walk; if you can't walk, then crawl; but whatever you do, you have to keep moving forward”.
- Martin Luther King, Jr. (1929-1968)

“ With ordinary talent and extraordinary perseverance, all things are attainable”. - Sir Thomas Fowell Buxton (1786-1845)

“ Courage is not having the strength to go on; it is going on when you don't have the strength”. - Theodore Roosevelt (1858-1919)

Thomas Edison (1847-1931) also stumbled often. In response to a question about his missteps with inventing the lightbulb, Edison was quoted as saying: “I have not failed 10,000 times, but I found 9,999 ways which it wouldn't work.”

Mr. Adam had the unique ability to make his students feel as if they were the most important people on the planet.

Quotes by Mr. Adam:

“What’s wrong, young fellow? Are you firing it up?”

“Are you bragging or complaining?”

“All we have is ***today***. We can’t worry about what happened yesterday. Yesterday is gone forever. We can’t worry about tomorrow, because tomorrow may never come. All we have is ***today***, so we’d better get busy and fire it up today!”

Can you think of other things Mr. Adam said to us that pertained to staying ***“Fired Up?”***



**TO LAUGH AT
YOURSELF,
IS TO LOVE
YOURSELF.**



Key characteristics of perseverance:

1. **Determination:** A strong commitment to achieve a goal or objective, despite obstacles.
2. **Resilience:** The ability to bounce back from failures and setbacks.
3. **Grit:** A combination of passion and persistence.
4. **Tenacity:** A firm grip on goals, refusing to let go.
5. **Courage:** The willingness to face challenges and take risks.

6. **Self-discipline:** Regulating ones thoughts, feelings and actions to achieve goals.
7. **Adaptability:** The capacity to adjust strategies and approaches as needed.
8. **Patience:** The ability to endure long periods of effort and waiting for results.
9. **Self-motivation:** The drive to push oneself forward, even when no one else is watching.
10. **Hard work:** Willingness to put in extra effort and time to overcome obstacles.

11. **Focus:** Maintaining concentration and attention on the goal.

12. **Learning from failure:** The ability to extract lessons from setbacks and use them as growth opportunities.

13. **Hard work:** Putting in the necessary effort and time to achieve success.

14. **Learning from failure:** Using failures as opportunities to learn and improve.

15: **Mental toughness:** The abilities to stay focused and motivated under pressure.

16. **Staying goal-oriented:** Focusing on specific, achievable goals and working towards them.

17. **Overcoming procrastination:** Taking action despite feelings of laziness or lack of motivation.

18. **Developing a growth mindset:** Believing that abilities and intelligence can be developed through effort and learning.

19. **Don't quit:** You only fail if you quit..... so don't quit.



Today you are You,
that is truer than true.

There is no one alive
who is Yover than You.

- Dr. Seuss

Conclusion:

Perseverance is a vital quality that can help individuals achieve success in various aspects of life. By developing perseverance, individuals can build resilience, self-discipline, and self-confidence, leading to personal growth and achievement.

Remember, perseverance is key to unlocking your potential and achieving your goals. Perseverance allows for learning from failures and setbacks....Essential for achieving long term goals and success.

Call to Action:

At the beginning of my presentation, I asked you to write down how you have persevered along your journey.

Please raise your hand if you would like to share with us?

To be successful in any arena requires a burning desire to achieving your goals and dreams regardless of the “bumps in the road”.

In closing, I'd like to share a definition of success that was given to me a long time ago.

Success is the continuous journey towards the achievement of predetermined worthwhile goals.

*Thank you for giving me the opportunity to speak with you today, and
“Happy Trumpeting”.*