

Persistence and Strength

given the odds of woman against man in a physical fight it is important to keep attacking until your opponents relents or retreats. a man of 80 kgs lifted a student of mine, she kept poking at his eye until he covered both his eyes with both his hands thereby releasing her. she ran away to safety.

I once acted like I'm having an epileptic fit. there were more than 10 guys trying to ambush me. they ran away when I persisted in my acting leaving me to my fate! I got up calmly and dusted my jacket after they had left

my dad once was attacked by a huuge guy due to some traffic altercation he kept knocking the man's face with his helmet and kicking him in the shins with his pointed shoes until he begged for forgiveness.

When you are the underling it is necessary to be persistent.

Endurance and Willpower in everyday activities

persistence requires endurance and willpower and we can develop this in everyday activities

1. cooking
2. cleaning
3. paying your bills on time
4. using the stairs instead of the lift no matter how tall the building
5. watching your calories, eating no more than 2000 if you are a woman and no more than 2400 if you are a man (per day)
6. not smoking
7. not drinking
8. feeling happy when you have a problem because you can undergo some inconvenience and therby exercise your will power
9. Keeping your mind clean of worry and comparing with others
10. Jogging and abdominal and core exercises

and many many more. Avoid weakness and not pain. Pain (mental or physical) is weakness leaving your life. Wish you strength.