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Just Quit!

Persistence is an important trait. Every guru tells you that you need to stick with it until you succeed. Every expert tells you that success comes to those that stay in the game the longest.

This is something that we all have experienced. I know that I personally look back with pride on the times I've persevered, and that the rewards usually come to those who are the most determined to win.

But there is also power in quitting. I'm not talking about giving up at the first sign of difficulty. I'm talking about stopping tasks or activities that will not move you forward.

Think back to the last horrible movie you watched or the last stinker of a book you read. Did it contribute to your life? Did you enjoy the experience?

Sticking with it did nothing to move you forward, make your life better, or give you any pleasure. While a well executed "b" movie makes you laugh, a bad movie is just a waste of time.

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