

7 times down

8 times up!

This is a traditional Samurai saying encouraging one to not give up just because one has fallen, but to rise up again and again until one accomplishes one's goal.

How does this apply to YOU?

We all get knocked down, fail in some fashion. This is not reason to quit, but rather realize we can do it. We just need to persist - just need to keep going.

This is also an example of indomitable spirit. You will overcome.

In the movie, the Last Samurai, we see the hero beaten down but never quitting. And even in his loss he gains respect - until one day he no longer loses.

Successful people don't always win. Neither did the great Samurai of old. The key is persistence.

Since setbacks are a part of life the intelligent bugeisha develops strategies to deal with setbacks BEFORE they happen; then practices them so they are there when one needs them.

Many of life's failures are people who didn't realize how close they were to success when they gave up.



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