

One Step at a Time: Redefining Success Through Resilience

Why resilience, not talent, defines your impact as a leader.

In the coaching and leadership space, we often talk about goals, outcomes, and results. But too rarely do we talk about what it truly takes to reach them.

Here's a truth worth pausing for:

Success is less about intelligence or talent, perseverance and agility. More about how you keep showing up, especially when the path becomes challenging or progress feels slow.

We admire the highlight reels of success, but behind every visible achievement is a story of resistance met with resilience. Walt Disney's first animation company failed. He was rejected over **300 times** when seeking funding for Disneyland. J.K. Rowling was living on public assistance when her manuscript was turned down by **12 publishers**. Their gifts were not simply creativity or vision—it was the courage to keep going.

The Real Work: Staying With the Process

As transformational leaders and coaches, we often stand in the tension between where we are and where we want to be. We guide others through their discomfort, and we hold space for growth. But what about our own?

Staying the course doesn't mean forcing your way through—it means staying mindfully engaged.

It means being willing to recalibrate, to reflect, shift a perspective, or to ask again, "What matters most now?"

Sometimes that looks like slowing down. Other times, it's taking one more step when you'd rather quit.

Perseverance is not a rigid grind—it's a flexible, intelligent form of courage. It's showing up when you're tired. Trying again when you've failed. Resting when you need to—not quitting. And redefining progress as **presence** rather than perfection.

Let Go of the "Right Way"

One of the biggest traps leaders fall into is the myth that there's one correct way to succeed. That we must constantly move faster, do more, or follow a perfect plan.

But transformation doesn't work that way. It asks us to be responsive. To listen. To let go of how we think things *should* go, and stay present with what's actually happening.

That's not weakness—it's wisdom.

That's not giving up—it's pacing your power.

Your Role Isn't to Rush—it's to Root

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When we root ourselves in purpose and stay connected to our deeper “why,” we can navigate any season, no matter how uncertain. And when we model that kind of grounded perseverance, we give others permission to do the same.

Transformation happens one step at a time.

Sometimes we run.

Sometimes we walk.

Sometimes we crawl.

But we move forward.

“Run when you can, walk if you have to, crawl if you must; just never give up.”

—Dean Karnazes

Want to Grow With Intention?

Every month, I share extended reflections and practices like this one through our newsletter, designed to support transformational coaches, educators, and leaders in doing the deep, sustainable work.

Leave your email in the comments to receive the version of this article that includes a **reflective practice** to help you build momentum and recommit to your purpose, no matter where you are on your journey.

Reflection Practice:

What is something you have achieved by not giving up? What did you learn from this experience? Right now, are you facing something you feel discouraged about? Remembering past times you succeeded because you adapted and did not give up, what advice can you give yourself in this situation?