

Delta Health Team,

Perseverance: There is a mountain that stands before each and every one of us. This mountain is of course figurative but it represents everything that attempts to block our path to becoming all that we wish to become. This giant of opposition stands tall, sometimes laughing at our attempts to scale its walls. It could be fear, doubt or a situation that takes so much of our energy away that it feels impossible to make any progress. It could take on the form of a mistake from the past that we still may be paying for. It could be the lack of resources needed to make things happen. Maybe we fell on our face after trying for the 100th time to go for our dreams and giving up seems like the best option. No matter what this mountain is, the fact still remains that it wishes to reroute our deepest desires, with potential to send our dreams to an abyss of deferred hope. One of the nation's greatest presidents, Abraham Lincoln was born into poverty; he lost eight elections, twice failed in business and suffered a nervous breakdown. He could have quit many times, but he didn't and because he didn't quit, he became one of our greatest presidents. He is quoted as saying "I walk slowly, but I never walk backward."

From my standpoint, in order to get anything worth having in life you must persevere. Success in any area of life will require tenacity and steadfastness. To scale the mountain in front of us we must learn to weather the storm, navigate perfidious terrain and scale the wall. Life is unpredictable at times and there are seasons when it feels like nothing is seemingly going right. We may question whether continuing down a path is even worth it. I'm encouraging you to push through. Those of us that find courage to keep going when things get tough are the ones that make things happen. Every morning we are faced with a decision. Are we going to quit when the going gets tough or are we going to fight with everything within us to achieve all that which we hope to achieve? If you get knocked down, get yourself up and do it again-that's the staple of perseverance.

Keep your eyes fervently on your goals and your dreams. Let that become the fuel that propels you. The only thing that can truly stop you, is you. Every mountain can be scaled and conquered. The good Lord reminds us that we are all more than conquerors. That applies to every single one of us regardless of what we have done or failed at in the past. Mount Everest at one time was viewed as the mountain that was deemed impossible to climb. It claimed the lives of many who dared to face it but something incredible happened on Friday, May 29, 1953. Edmund Hillary and Tenzing Norgay reached the summit. What appeared to be impossible by many was made possible. It doesn't matter where we've been in life or what others have said about you. The only thing that matters is what you believe. We've got to know we can make things happen even if the odds don't appear to be stacked in our favor. The mountain that lies in front of us doesn't stand a chance.

Blessings this Thanksgiving season!



Matt Heyn
President/CEO
Delta Health
Phone: 970-874-2229
Email: mheyn@deltahospital.org
www.deltahospital.org