

# One secret behind genius



There was recently a TV series called “Genius.” It was the story of Albert Einstein, who made amazing discoveries and drastically changed how we understand our world.

How did he do it? To quote Einstein himself: “It’s not that I’m so smart. It’s just that I stay with problems longer.”<sup>1</sup>

## What is “staying power”?

Staying power is the ability to keep on trying even when things get hard and you feel worn down. It’s about mental stamina, endurance and grit. And it’s a key to success in your personal life and career.

## Build your staying power

Whether you use it in your relationships, jobs or everyday projects, staying power is critical. Here are some tips for improving it:

- **Stay relevant.** Life is always changing, so you need to keep learning to be up to date. If you stuck to your horse and buggy while others drove around in electric cars, you’d get pushed off the road. Keep yourself current, open-minded and adaptable to survive and thrive.

<sup>1</sup>[Albert Einstein Quotes](#). Brainy Quote, Accessed June 2017.

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- **Look beyond “now.”** There are peaks and valleys in all our lives. When you’re at a low point, look beyond the moment to get yourself unstuck. See setbacks and problems as temporary obstacles you can overcome.
- **Keep your passion alive.** Choose goals and relationships that hold meaning and purpose. And once you commit, always remember why. Chances are the reasons are still valid even when the going gets tough.

## Stay the course

Mental stamina requires a “can do” attitude. And some stubbornness doesn’t hurt either! As long as your goals remain important to you, use your staying power to keep on track.