

Seven Characteristics of Unstoppable People

According to Cynthia Kersey's book *Unstoppable*, "No obstacle has been too great for people who possess an unstoppable spirit." This unstoppable spirit is the driving force in our daily lives for positive change and growth. It is often the force that helps us to move beyond personal barriers of self-doubt, negativity, and our own perceived limitations. Even though we experience frustrations and disappointments, it compels us to continue working toward our goals.

The following items are the characteristics Ms. Kersey stated were recurring themes in her research. Unstoppable people:

1. Devote themselves to their true **purpose**
2. Follow their heart's **passion**
3. **Believe** in themselves and their ideas
4. **Prepare** for challenges
5. Ask for help and build a support **team**
6. Seek **creative** solutions
7. **Persevere**, no matter what the challenges

There seems to be a number of similarities between these seven characteristics and qualities of effective leaders. These are definitely "glass half full" people too! How can you put these characteristics to work for you this month...???