

TRUE EFFORT

Mindset, Characteristics and Application

True effort is at the core of every successful virtuous intention. Whether you want a successful marriage or to be a great parent, putting forth a **TRUE EFFORT** is the key! True effort is more than just trying hard. It is being obedient and disciplined to the resolve of your intention. Putting forth a true effort when we are initially motivated, excited, and blessed is effortless, but here are some mindsets, characteristics and applications, in various categories, that illustrate what True Effort looks like when we are faced with challenges, setbacks and frustrations.

The True Effort Mindset

- True Effort makes no excuses.
- True Effort is encouraging and positive, not harmful, negative or boastful.
- True Effort may take you out of your comfort zone.
- True Effort sacrifices nothing when you are obedient and disciplined to the resolve of your intention.
- True Effort is not just trying, but consistently striving toward to the resolve of your intention.
- True Effort is not perfect but rather is defined by your consistency.
- True Effort is not legalistic or obsessive, but flexible and balanced while remaining consistent
- True Effort at times can seem easy and other times overwhelming.
- True Effort doesn't give up; it perseveres when you have zero motivation or feel frustrated.
- True Effort endures when you are tired or had a bad day.
- True Effort evaluates intentions and motivations.

Marriage

True effort is...

sharing a blessing with your spouse.
patiently listening when you want to interject and really hearing them.
asking for forgiveness instead of blowing it off - hoping all will be forgiven over time.
encouraging and acknowledging what you love about your spouse.
is having Couchtime when you are tired and you can't think about another thing.
choosing to speak a love language when your spouse isn't lovable at the moment.

Love Languages

Words of encouragement – Offer encouraging words when least expected or sending a random text.

Acts of Service – Offering to take over a responsibility (laundry, pay bills, dusting, fix a broken appliance, etc..) even when you feel overwhelmed.

Quality Time – Going to a movie or restaurant they like that you may not like.

Physical Touch – Giving a random hug or Initiate intimacy even if you feel “uncomfortable” do so.

Gift giving – Buying flowers or a coffee gift card just because.

Parenting/Children

True effort is...

being encouraging everyday.

patiently teaching/telling your children something more than once.

watching the same Disney show for the 40th time.

making sure all their love language needs are being met.
drawing a picture or writing a letter even though you don't know what to draw or say.
researching the moral reason why when you have no clue.
seeking understanding when you disagree with how your spouse handled a situation.
guarding your tongue and tone.

Parents or In-laws

True effort is...

calling with good news and not just with bad news or when you need something – a “loan” or babysitting.
realizing they aren't perfect.
showing grace and mercy beyond what you feel capable of.
is loving them to a standard with no regrets.
telling your own children all the encouraging things they did for you.
writing a meaningful note in a birthday card rather than just signing it.

Personal growth

True effort is...

starting an ironman group when you don't feel comfortable asking other guys to join.
researching what you believe and why rather just having a conjectured opinion.
consistently having a quiet time.
being positive when it's so easy to complain.
maintaining a healthy lifestyle when your friends don't or it's hard.
making no excuses for not working out consistently.
turning off your cell phone and not being “on call” 24/7 to texts.
refusing to gossip or assume the worst in people.
choosing to love others as you love yourself.