

JJ MAZZO

USA Today Bestselling Author

DAILY
PERSEVERANCE

**365 DAYS TO STRENGTHEN
YOUR MIND, FAITH,
AND LEADERSHIP**

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WILEY

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*This book is dedicated to Jesus and my girls,
Kimberly, Brooklyn, and London.*

Introduction

In my *USA Today* best seller, *Perseverance Principles*, I walked you through my journey from a troubled childhood, instability, and brushes with the law to becoming a successful businessman, loving husband, and father, fortified by my faith in a Christ-centered life. I wanted to share with you proven perseverance strategies and a winning mindset built on core principles that are easy for you to incorporate in your life, too.

As I wrote that book, it became apparent to me that what I could teach you could be augmented by small, ongoing reminders of what it takes to continue down a positive path every day. I began texting these reminders to my clients, team members, friends, and others whom I knew could benefit from inspirational quick hits. I got so much positive feedback that I decided to expand on these thoughts and share them with more people and new audiences.

Daily Perseverance is the result of those efforts. This book builds on *Perseverance Principles*, and the passages on these pages further explore themes of perseverance, adversity, consistency, confidence, wealth, questions, and reflections. I've augmented them with Biblical passages to reaffirm my strong faith in God and prove how we can tap into our spiritual being to achieve peace, happiness, clarity, and prosperity in our lives.

How to Use This Book

People incorporate meaning and value in different ways with a book like this. Rather than listing a lengthy table of contents, I suggest you take a different approach to using this book.

Daily Perseverance is divided into 52 weekly groups of thoughts, scripture, and anchor thoughts that flow into many parts of your life. Each week includes an entry for seven intentional categories:

Staying the Course to strengthen your resolve to keep moving forward—especially when quitting feels easier

Strength Through the Struggle, which teaches you how to face adversity without letting it define or defeat you

Winning the Ordinary Days to help you discover how small, faithful actions build real momentum over time

Unshakable Confidence that teaches you how to build confidence that doesn't depend on circumstances or outcomes

Building a Life That Lasts that addresses themes of legacy in how you see your work, resources, and influence as tools for purpose—not pressure

Asking the Right Questions as a way to slow down, listen, and realign with what truly matters

What This Week Changed in Me is designed to help you reflect on and capture growth you might have overlooked this week, and to prepare your heart for the week ahead

Many people can start their self-discovery journey in Week 1 at any time of year. You can read one entry each day for an ongoing dose of wisdom to incorporate into your day.

Other people need support in specific areas of their lives. For those people, I suggest you identify the one or two areas you need help with most and intensify your learning by reading several passages in a category in one or two sittings, without being bound by a weekly format.

How you read and add these insights to your life is up to you. I hope it is both a starting point that helps you dig deeper into various areas of your life and an endpoint that leads you to the peace and happiness you deserve.

Week 1

Staying the Course

Refusing to Quit

Some weeks don't start with energy.

They start with weight.

Responsibilities are already waiting. Expectations are already loud. And before you've done anything wrong, the pressure is already present.

Perseverance isn't about intensity—it's about refusal. Refusing to quit. Refusing to drift. Refusing to let a hard moment talk you out of a long-term calling. You don't need to win today.

You just need to stay.

"And let us not be weary in well doing."

—*Galatians 6:9 (KJV)*

Today's Anchor: Staying the course is a decision you make before the pressure shows up.

Strength Through the Struggle

Stop Feeding Negative Thoughts

Doubt and fear often creep into our lives when the future is uncertain. Our mind tries to protect us from uncertainty by default, but in some cases, that can inadvertently sabotage our dreams.

Focus on habits and routines that have molded you thus far and find ways to expand and refine them to allow for maximum growth going forward.

As you grow this way, you will continue to grow closer to God and what He intended you to be.

“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”

—2 Corinthians 10:5 (KJV)

Today’s Anchor: Replace a passing thought before it becomes a permanent belief.

Winning the Ordinary Days

Keeping Your Best Habits in Place

When you grow, you will often remove habits that no longer serve you well and replace them with more effective habits that do.

The challenge for many people is deciding which habits still positively affect them versus those that must be cut loose.

Keeping old habits in place buys you time to try new things, but you don't need to stack new habits until they have been vetted and are worthy of becoming part of your daily routines.

“Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.”

—1 Corinthians 15:58 (KJV)

Today's Anchor: Your best habits are the foundation, and you must protect them like your goals.