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# STEADY-STRONG-STILL

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## M<sup>4</sup> Marilyn's Monday Morning Message

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Monday reminds us that progress isn't always about big moves — it's about showing up with steadiness when things feel uncertain, staying strong when motivation wavers, and remaining still long enough to regain clarity. Consistency is built in quiet moments, not just breakthroughs.

Recall also that true consistency isn't about perfection — it's about discipline and presence. When you feel stretched or tired, anchor yourself in these steps:

- Pause — take a breath before reacting.
- Prioritize — choose one thing you can finish well today.
- Persist — small wins compound over

We can't control everything that happens around us, but we can control our rhythm — how we think, respond, and keep showing up even when it feels like no one's watching.

## MAJOR POINT

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Keep your balance, not just your pace. The steady path is the strong path. Accordingly, “it does not matter how slowly you go as long as you do not stop.” Confucious



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