

World's most comprehensive compilation of acrostic words uniquely presented
with stunning visuals and inspiring content

Cherish the Word

Unlocking the hidden meanings and
life messages in every day words

Special
ebook
edition

Marias N

These are words you knew, but their meanings are new

Contents

ACKNOWLEDGEMENTS

INTRODUCTION

Theme 1: Winning Traits

	OPENING THOUGHTS	Page 14
1	OPTIMISM	Page 15
2	TENACITY	Page 19
3	ADAPT	Page 22
4	ENDURE	Page 26
5	PATIENCE	Page 29
6	HARD WORK	Page 32
7	HONEST	Page 35
8	SMART	Page 39
9	HUMBLE	Page 42

Theme 2: Challenging situations

	OPENING THOUGHTS	Page 45
1	CRISIS	Page 46
2	ADVERSITY	Page 49
3	FAILURE	Page 53
4	PROBLEMS	Page 57
5	STRUGGLE	Page 60
6	DILEMMA	Page 63
7	SETBACK	Page 66
8	HURDLE	Page 69
9	SUFFER	Page 72

Theme 3: Powerful forces

	OPENING THOUGHTS	PAGE 75
1	GOD	PAGE 76
2	PRAYER	PAGE 80
3	MEDITATE	PAGE 83
4	MIND	PAGE 86
5	BELIEF	PAGE 89
6	EFFORT	PAGE 92
7	TIME	PAGE 95
8	HOPE	PAGE 98
9	LOVE	PAGE 101

Theme 4: Progress blockers		
	OPENING THOUGHTS	Page 104
1	QUIT	Page 105
2	DOUBT	Page 108
3	STRESS	Page 111
4	FEAR	Page 118
5	PANIC	Page 122
6	ANGER	Page 125
7	BLAME	Page 128
8	PESSIMISM	Page 131
9	GREED	Page 135

CONCLUDING THOUGHTS PAGE 139

APPENDICES

Appendix 1:	
ACROSTIC WORDS SUMMARY CHART	Page 142



ENDURE

**Entertaining No Defeat
Until Results Emerge**

www.cherishtheword.com



Endure – **E**NTERTAINING **N**O **D**EFEAT **U**NTIL **R**ESULTS **E**MERGE

Endure is commonly understood to mean 'to put up with', 'To suffer silently' 'to hold out against all odds' and so on. Endurance is not just passive suffering waiting for the storm to settle down. It is the spirit of turning suffering into Conquering through hope and faith. Endurance is not just the ability to bear a hard thing, but to turn it into glory. Ask every successful person who has endured and emerged triumphantly. They will tell you, Enduring is about “Entertaining No Defeat Until Results Emerge”. History has shown that those who endure with grit and determination, finally conquer fate.

Nature has made Endurance to be part of a strength building technique. Endurance of the body experienced through physical activities such as exercising, running, cycling, swimming etc, helps build stamina and strength. Endurance of the mind experienced through mental resolve by not losing hopes, helps build emotional strength and capacity to face challenges. Greatness does not come easily. It takes lot of hard work and endurance.

How do you take the pain out of endurance?

If endurance is seen as hardship and pain, then it will be appear to struggle and suffering. Most athletes, body builders, runners and others pursuing endurance sports – continuously visualise the positive future outcome from what they are going through at the present. The imagery of a muscular body, the dream of winning the gold

medal, the visualisation of winning the triathlon – all of these positive suggestions – remove the focus from the pain of what is being endured to the pleasure of getting to the winning outcome.

What Endurance is not

Please be clear about this. Endurance is not silently going through anguish, agony and suffering without hope. It's not about putting up with the present condition with a bleak outlook of the future. It's not about accepting current hard conditions of life – because you feel hopeless to change your life from where it is today, to where you want it to be tomorrow. If you are languishing in obscurity today or have chosen to lead a life of mediocrity and have resigned to put up with it, that's not endurance in any positive sense. Winners choose endurance as a weapon to win. They choose endurance over enjoyment – to win big in the future.

Press on when the pressure is on

History shows that anyone who has ever attained greatness, be it inventors, scientists, musicians, sports person, writers and countless others who eventually made it to the hall of fame, had to endure and work hard with determination to overcome their challenges. Remember, there are no shortcuts to any place worth going. Be prepared to face challenges and be prepared to endure. Just press on when the pressure is on. Entertain no defeat in your mind until the results you wish for emerges. Keep the End in mind and the positive results you wish to see, to keep you going. That is why Endure begins with End.

“The heights by great men, reached and kept, were not attained by a sudden flight. But they, while their companions slept, were toiling upwards in the night” - H.W.Longfellow



Cumulative **R**egretful **I**ncidents
Seeking **I**mmEDIATE **S**olutions



Crisis – CUMULATIVE REGRETFUL INCIDENTS SEEKING IMMEDIATE SOLUTIONS

We all know what a crisis is and how to identify it. A crisis usually is a dire situation representing extreme danger or difficulty requiring urgent remedial measures. Sometime or other in our lives, we all face crisis either individually or collectively as a society/nation requiring us to act with courage and faith to find a remedy that can ultimately lead us to success and happiness. Crisis manifests in different forms and they get different labels such as financial crisis, health crisis, career crisis, midlife crisis and so on.


Anatomy of a crisis

I define Crisis as Cumulative regretful incidents seeking immediate solutions. There are 2 parts to this definition. Regrettable past actions always leads to the present crisis. Crisis just does not happen all of a sudden. It's beginnings can be traced back to undesirable incidents in the past. If someone faces a health crisis today, it's usually because of not taking care of health in the past. When someone faces a financial crisis today, it's usually because of not taking care of the finance issues in the past. Look at every crisis. There is a humble beginning to it which gradually feeds onto itself unattended and gradually grows in monstrous proportions thereby becoming a crisis. The tell tale signs of a crisis is usually not evident until some pain points manifest and start seeking attention. But when crisis becomes full blown, which is usually late in the cycle of a problem , they seek immediate solutions.

Averting a crisis versus Addressing a crisis

Being the conservative person I am, I would personally prefer doing everything possible to avert a crisis rather than addressing a crisis. The mindset required to avert a crisis is different from the mindset required to manage a crisis. In most scenarios you will be better off taking actions that avert a crisis with a little bit of disciplined thinking. Between the pain of discipline and the pain of regret, I would prefer the former.

But sometimes crisis may be good..

When a crisis occurs, it may actually turn out to be good. A crisis spurs people to take action. It forces people to take decisive steps in a new direction. It forces change. It motivates people to look for new direction and new corrective action. It could become a catalyst for a new turning point. It is often said that "Crisis represents Opportunity" based on the popular reference to the Chinese symbol for crisis which is  made up of 2 characters – one symbol representing 'Danger' and another symbol representing 'Opportunity' as shown here. A crisis is nature's way of saying "Take corrective action now". When you come out of a crisis, you often emerge stronger and wiser than before.

Sometimes when crisis hits a massive proportion on a global scale, there is a natural mechanism by which the Universal forces will create a new order in which some will pay for their share of the wrong doing and some will gain from the crisis. The crisis will ultimately become a great leveller as history has shown time and again.

QUIT



Questioning Usefulness In Trying



Quit – QUESTIONING USEFULNESS IN TRYING

Quit is to give up and stop trying any further. People quit worth while pursuits when hope is absent or when defeat is imminent. It takes courage and determination to continue in the face of defeat. It is human nature to choose pleasure over pain. The mind signals to 'quit' if the present pursuit is no longer a pleasure, but a pain. It is easy to quit than to persist. But works of great value and significance usually surface only after great efforts and significant failures. The greatest moments in scientific discovery and inventions have happened when the courage to continue overpowered the compulsion to quit. When the mind signals to 'Quit', it is **Questioning usefulness in trying**.

The dilemma of quitting versus persisting

Often we are confronted with the dilemma – whether to quit or to persist. In some situations it is easy to take the call, but in many other situations it is not clear. Sometimes people persist, when quitting would be a better choice. Sometimes people quit just too soon, sometimes they hang in long enough and then quit just before they are about to win, sometimes they quit way too late. So how do you decide when to quit and when to persist. Having personally been in situations that constantly tested my resolve to persist versus quit, I have come with a simple matrix to explain the dilemma and to help decide what will be a better choice to make – Quit or persist.