

determination is continuity under resistance.

continuity: showing up again, doing the obvious next step, fixing small things, reducing scope instead of quitting, getting 1% better daily, staying with problem longer than reasonable, thousands of iterations, doing the reps, staying in the game, relentless stubbornness

resistance: obstacles, fatigue, doubt, boredom, pain, invisible progress, uncertainty, delayed rewards, failure, rejection, false starts, effort without feedback, no applause