

# ROSE FOLSOM'S TOP 10 TIPS FOR PATIENCE



## Tips when someone is getting on your last nerve

1. A lady at a talk I gave said that she asks herself, "**Is it a 9-1-1 moment?**" She's right. If it's not worth calling the police, the offense is probably not as earth-shaking as we imagine.

*Can we accept that when our emotions get involved, someone's words can seem more hurtful than they really are? Are we hanging on to an old "button" that they pushed without knowing it?*

2. **Allow co-workers to do things the way that works best for them.**

Venerable Thecla Merlo, co-founder of the Daughters of St. Paul, exhorted her sisters: "We never have enough faith, because we always think the best way to do a thing is the one that suits us best. Isn't that really the problem?"

3. **Don't take others' behavior personally.**

My friend Terry reminds herself that the annoying person at work did not wake up saying, "I'm going to make Terry miserable today." We all do things that annoy others because we are all works in progress.

*Remembering the times we've been rude, arrogant, dismissive, or thoughtless helps put others' slip-ups in perspective. "Forgive us our trespasses as we forgive those who trespass against us."*

4. **Let your words and behavior reflect patience.**

St. Francis de Sales advises us, "Resist your impatience faithfully, practicing, not only with reason, but even against reason, holy courtesy and sweetness to all, but especially to those who weary you most." Ponder how patient Jesus continues to be with us.

Hi! I'm Rose. I was *born* impatient. So when I started my spiritual journey many years ago, I needed ways to stop being critical and start being loving.

I'm delighted to share with you 10 of my top ways to calm down when I'm irritated.

Practicing them has made my life and all my relationships smoother. God be with you as you try them for yourself!



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## Tips for patience during an unexpected wait

5. **Decide on something thoughtful you could do** for a family member or a friend. God didn't let this delay happen for nothing. Every moment, even frustrating ones, are a gift.

*Invite God into the waiting time and ask him for a little way you can show someone you're thinking of them.*

6. **Repeat to yourself a favorite prayer** or scripture verse that you have memorized beforehand. Plan ahead. Keep something in your wallet, phone, or memory to make this a constructive time to invoke God's grace on a situation or person that needs it. A prayer for those dying right now is especially grace-filled, and it only takes a few seconds.

## Tips when tempted to be discouraged in business

7. **Write down at the end of each day three things** you're happy to have accomplished. And thank God for them.

*It's tempting to focus on what we haven't done and overlook the progress we made that helped move the needle.*

8. **Call to mind** that a setback today does not predict the future. Thecla Merlo again:

*"So many times, a failure is a gift from God. We must find a place in our life for human failure and learn to be patient....We must never lose heart; we must believe that everything is ordered for our good."*

“BREATHE IN ME,  
O HOLY SPIRIT,  
THAT MY  
THOUGHTS MAY  
ALL BE HOLY. ACT  
IN ME, O HOLY  
SPIRIT, THAT MY  
WORK, TOO, MAY  
BE HOLY.”

- ST. AUGUSTINE



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9. **Reclaim the grace of the present moment.**  
St. Padre Pio said, "As for yourself, make every effort to calm your anxieties. Confidence and calm in the quiet work of your own sanctification and that of others. Jesus will do the rest."

*God has his loving eye on us always and is giving us at this moment everything we need.*

10. **Thank God for this chance to grow in trust of him.**  
I know—ouch. But it's true. Gratitude for what's happening opens us to receive the next great thing from God's hand.

*Mother Angelica said, "Patience is adjusting our time to God's time."*

What is the foundation of growing in patience (and every virtue) that our work may be holy? It's prayer. Padre Pio said, "God's power triumphs over everything, but humble and suffering prayer prevails over God himself."

I meet so many Catholics who'd love to pray more, and better, but aren't sure how to find the time or get past all their distractions. I can relate! If you'd like to bust through some of the myths about a good prayer life that will bring you one step closer, watch my 9-min video

**"5 Prayer Myths - Busted!"**



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