



OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

8. 毅力 (*Persistence*)

毅力能量论

希尔将**毅力**定义为「欲望的延长线」，并提出「毅力储蓄法则」：

1. 初期高耗能：前3个月需消耗80%毅力储备，以建立惯性。
2. 中期递减：第4-6个月毅力消耗降至50%。
3. 后期自动化：6个月后行为转为潜意识习惯，仅需10%能量维持。

他警告：「多数人败在『毅力折旧曲线』- 在第71天放弃（临近习惯养成的90天门坎）。」





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实践步骤 「毅力四维训练法」：

<p>维度一：生理毅力</p> <ul style="list-style-type: none">- 每日清晨 5 点起床，冷水浴 5 分钟（刺激自律神经）。- 若中断，需连续执行 3 天作为「罚则」。	<p>维度二：情感毅力</p> <ul style="list-style-type: none">- 建立「毅力盟友圈」：每周与 3 名坚持目标者交流，违约者需捐款 100 美元。
<p>维度三：财务毅力</p> <ul style="list-style-type: none">- 开设「毅力账户」：每成功坚持一周，存入目标金额的 1%（例：目标赚 100 万，周存 1 万）。- 若中途放弃，全额捐给厌恶的机构（如竞争对手）。	<p>维度四：灵性毅力</p> <ul style="list-style-type: none">- 抄经（古圣先贤都是毅力的代言人），每日研读一章。





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关键案例解析

案例一：西尔斯百货 (Sears Roebuck)

创始人理查德·西尔斯 (Richard Sears) 在创业前 7 年连续亏损，但坚持每日寄出 100 份邮购目录，最终建立全美最大零售网络。希尔分析：

「他的毅力源自『农村家庭必需品』的清晰愿景。」

案例二：芬兰长跑选手帕沃·努尔米

希尔引用努尔米的训练日记：即使零下 20 度，他仍坚持每天清晨跑 20 公里，并在日记写下「第 1389 天，脚踝肿胀，但速度提升 2 秒」。这种

「**数据化毅力**」使他夺得 9 面奥运金牌。





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8. Persistence

Perseverance Energy Theory

Hill defines perseverance as a "stretch of desire" and proposes the "Perseverance Savings Rule":

1. **High initial energy consumption:** 80% of the stamina reserve needs to be consumed in the first 3 months to build inertia.
2. **Medium-term decline:** Perseverance consumption drops to 50% in months 4-6.
3. **Post-automation:** After 6 months, the behavior turns into a subconscious habit, and only 10% energy is needed to maintain it.

He warned: "Most people lose on the 'perseverance depreciation curve' - giving up on day 71 (approaching the 90-day threshold for habit formation)."





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Practical steps "Perseverance 4-Dimensional Training":

<p>Dimension 1:</p> <p>Physiological perseverance</p> <ul style="list-style-type: none">- Wake up at 5 a.m. every day and take a cold bath for 5 minutes (<i>to stimulate the autonomic nervous system</i>).- In case of interruption, a penalty of 3 consecutive days will be required.	<p>Dimension 2:</p> <p>Emotional perseverance</p> <ul style="list-style-type: none">- Establish a "Circle of Perseverance Allies": Communicate with 3 people who stick to their goals every week, and those who break the contract will be required to donate \$100.
<p>Dimension 3:</p> <p>Financial perseverance</p> <ul style="list-style-type: none">- Open a "Perseverance Account": Deposit 1% of the target amount for each successful week (<i>e.g. target earn 1 million, weekly deposit 10,000</i>).- If you give up halfway, donate the full amount to an organization you dislike (<i>e.g., a competitor</i>).	<p>Dimension 4:</p> <p>Spiritual Perseverance</p> <ul style="list-style-type: none">- Copying the scriptures (<i>the ancient sages were the spokesmen of perseverance</i>) and studying one chapter a day.





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Key case analysis

<p>Case 1: Sears Roebuck</p> <p>Founder Richard Sears lost money for the first seven years of his business, but insisted on sending out 100 mail-order catalogs a day, eventually building the largest retail network in the United States. "His perseverance stems from a clear vision of 'rural household necessities'," Hill analyzed.</p>	<p>Case 2: Finnish long-distance runner Paavo Nurmi</p> <p>Hill quotes Nurmi's training diary: he runs 20 kilometers every morning, even at minus 20 degrees, and writes in his diary that "on the 1389th day, my ankle was swollen, but my speed increased by 2 seconds". This "digital perseverance" has won him nine Olympic gold medals.</p>
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