

# It takes what it takes

## Understanding the Meaning of "It Takes What It Takes"

**It takes what it takes** is a powerful phrase often used to emphasize resilience, perseverance, and unwavering commitment in the face of challenges. Its core message is that achieving success or overcoming obstacles requires a willingness to do whatever is necessary, regardless of the difficulty or the time it might take. This mindset is particularly prevalent in sports, personal development, entrepreneurship, and motivational contexts, inspiring individuals to push beyond their limits and stay committed to their goals.

## The Origin and Popularization of the Phrase

### Historical Roots

The phrase "it takes what it takes" gained widespread recognition through its association with renowned boxing coach Freddie Roach. Roach, famous for training boxing legends like Manny Pacquiao, often used this phrase to communicate the importance of perseverance and dedication in training and life.

Its straightforward yet profound message resonates across various fields, making it a universal mantra for perseverance.

## **Modern Usage and Cultural Significance**

Today, "it takes what it takes" is used by athletes, entrepreneurs, motivational speakers, and everyday individuals striving to overcome adversity. It embodies a mindset that prioritizes effort, patience, and resilience over shortcuts or easy solutions. This phrase encourages persistence, especially during setbacks, reminding us that success often requires sustained effort over time.

## **The Philosophy Behind "It Takes What It Takes"**

### **Resilience and Mental Toughness**

1. **Acceptance of the Process:** Recognizing that setbacks and failures are part of the journey.
2. **Persistence:** Continuing to push forward despite difficulties or slow progress.
3. **Patience:** Understanding that meaningful results often require time.

### **Focus on Effort, Not Just Results**

The phrase emphasizes that success is not solely about innate talent or luck but about consistent effort and dedication. It

encourages individuals to focus on what they can control—their attitude, work ethic, and perseverance—rather than external factors beyond their influence.

## **Applying "It Takes What It Takes" in Different Life Domains**

### **In Sports and Athletics**

Many athletes adopt the mindset of "it takes what it takes" to endure rigorous training, recover from injuries, or stay motivated during long seasons. It reminds them that greatness is achieved through relentless effort, discipline, and resilience.

### **In Business and Entrepreneurship**

Entrepreneurs often face failures, market fluctuations, and setbacks. Embracing this phrase helps them stay committed to their vision, understand that success may require numerous adjustments, and persist through tough times.

### **In Personal Development**

Personal growth involves overcoming fears, building new habits, and breaking old patterns. "It takes what it takes" motivates individuals to keep working on themselves, recognizing that meaningful change requires time, effort, and perseverance.

# **Strategies to Embody the "It Takes What It Takes" Mindset**

## **Set Realistic Expectations**

Understanding that progress may be slow helps maintain motivation. Break down large goals into smaller, manageable steps, celebrating small wins along the way.

## **Develop Consistent Habits**

1. Daily practice or effort
2. Maintaining discipline even when motivation wanes
3. Tracking progress to stay accountable

## **Stay Resilient During Setbacks**

View failures as opportunities to learn and grow. Cultivate a growth mindset that sees obstacles as part of the journey rather than roadblocks.

## **Seek Support and Inspiration**

1. Surround yourself with motivated and positive individuals
2. Consume motivational content and success stories
3. Mentorship and coaching can provide guidance and encouragement

# **Real-Life Examples of "It Takes What It Takes" in Action**

## **Sports Legends and Their Perseverance**

Many legendary athletes have exemplified this mindset. For instance, Michael Jordan, often regarded as the greatest basketball player, faced numerous setbacks early in his career but persisted, honing his skills through relentless effort. His story underscores that success requires dedication beyond natural talent.

## **Entrepreneurs Overcoming Adversity**

Many successful entrepreneurs, such as Elon Musk or Oprah Winfrey, have faced failures and doubters. Their stories reflect the principle that perseverance, patience, and effort—"it takes what it takes"—are essential for achievement.

## **Personal Transformation Stories**

Individuals overcoming addiction, health challenges, or personal fears often attribute their success to a mindset of persistence and resilience—understanding that transformation takes time, effort, and unwavering commitment.

# The Benefits of Adopting the "It Takes What It Takes" Mindset

1. **Enhanced Resilience:** Better equipped to handle setbacks and failures.
2. **Increased Motivation:** Staying committed despite difficulties.
3. **Long-Term Success:** Achieving goals that require sustained effort over time.
4. **Personal Growth:** Developing discipline, patience, and mental toughness.

## Potential Challenges and How to Overcome Them

### Impatience and Frustration

One of the common pitfalls is losing patience when results are slow. To combat this, set small milestones, celebrate progress, and remind yourself that "it takes what it takes."

### Burnout and Overtraining

Pushing too hard without rest can lead to burnout. Incorporate recovery, listen to your body, and maintain a sustainable effort.

## Self-Doubt and Discouragement

Maintain a positive mindset, seek support, and focus on your "why" to stay motivated through doubts.

## Conclusion: Embracing the "It Takes What It Takes" Philosophy

In summary, "it takes what it takes" is more than just a phrase; it is a mindset that champions resilience, persistence, and unwavering commitment. Whether you're pursuing athletic excellence, building a business, or working on personal growth, embracing this philosophy can help you navigate setbacks and stay focused on your long-term goals. Remember, success is rarely immediate; it is the result of continuous effort, patience, and the willingness to do whatever it takes. Adopt this mindset, stay motivated, and trust that with perseverance, your goals are within reach.

**It Takes What It Takes: Unlocking the Power of Perseverance and Resilience** *It takes what it takes*. This phrase, often repeated in motivational circles and sports locker rooms alike, encapsulates a profound truth about success and achievement. It suggests that true accomplishment isn't merely about talent, resources, or luck; rather, it hinges on an unwavering commitment to push through obstacles, setbacks, and self-doubt until the goal is realized. In this article, we explore the origins of this powerful mantra, its relevance in various domains, and the psychological

and practical components that make “it takes what it takes” a cornerstone of resilience and perseverance.

# **The Origins and Meaning of "It Takes What It Takes"**

## **Historical Context and Popularization**

The phrase “it takes what it takes” gained prominence through the world of professional boxing, particularly thanks to legendary trainer and motivational figure, Tony Robbins. Robbins, a best-selling author and speaker, often cites this phrase during his seminars and interviews to emphasize the importance of persistence. While the phrase itself may have earlier informal uses, Robbins popularized it as a mental mantra for overcoming adversity. In essence, the phrase implies that there are no shortcuts or substitute efforts when pursuing meaningful goals. No matter how talented or prepared one might be, success often requires enduring hardship, making sacrifices, and maintaining focus over the long term. It dismisses the notion of instant gratification, instead asserting that the path to achievement is paved with persistence.

## **Core Philosophy**

The core philosophy behind “it takes what it takes” can be summarized as follows: - Acceptance of Reality: Recognizing that setbacks, failures, and challenges are integral parts of the

journey. - Unwavering Commitment: Staying committed regardless of difficulties or slow progress. - Focus on Effort, Not Just Outcome: Valuing persistent effort as the primary driver of success. - Adaptability and Resilience: Adjusting strategies without losing resolve, bouncing back from setbacks. This mindset champions the idea that perseverance, mental toughness, and a relentless work ethic are more critical than innate talent alone.

## **The Psychological Foundations of "It Takes What It Takes"**

### **Growth Mindset and Grit**

Psychologists Carol Dweck and Angela Duckworth have extensively studied traits like the growth mindset and grit, which align with the philosophy behind "it takes what it takes." - Growth Mindset: Belief that abilities can be developed through dedication and hard work. This mindset fosters resilience because failures are seen as opportunities to learn rather than evidence of inherent inadequacy. - Grit: The perseverance and passion for long-term goals despite obstacles. Grit encapsulates the idea that sustained effort over years is often what separates success from failure. Both traits promote the mental toughness necessary for embracing "it takes what it takes." They reinforce the belief that persistent effort, even in the face of adversity, is essential.

# **The Role of Self-Discipline and Motivation**

Self-discipline acts as the engine that drives persistence. It ensures consistent effort, even when enthusiasm wanes or distractions increase. Motivation, on the other hand, provides the emotional fuel to endure hardships. - Intrinsic Motivation: Driven by internal rewards such as personal growth, mastery, or purpose. - Extrinsic Motivation: Driven by external rewards like recognition or financial gain. Successful individuals often cultivate both sources of motivation, reinforcing their commitment that “it takes what it takes.”

## **Overcoming Self-Doubt and Fear of Failure**

A significant barrier to perseverance is the fear of failure or self-doubt. The mentality of “it takes what it takes” encourages individuals to reframe failures as necessary steps rather than insurmountable obstacles. It fosters resilience by emphasizing that setbacks are part of the learning process and that enduring through them is what ultimately counts.

## **Practical Applications of "It Takes What It Takes"**

### **In Sports and Athletics**

The sports world offers countless examples where perseverance is critical. Athletes often face injuries, losses, and intense competition, but their ability to maintain focus and effort defines

their careers. - Training Regimens: Elite athletes adhere to rigorous routines, understanding that success demands consistent effort. - Handling Losses: Instead of dwelling on failures, they analyze and adjust, embodying the “it takes what it takes” mentality. - Mental Toughness: Visualization, resilience training, and focus exercises help athletes push through mental and physical barriers.

## **In Business and Entrepreneurship**

Entrepreneurs face a landscape rife with uncertainty, rejection, and financial risk. Success hinges on perseverance and the ability to learn from failures. - Start-up Culture: Many successful startups fail multiple times before hitting scalability, illustrating that persistence is non-negotiable. - Innovation and Adaptation: Companies often pivot their strategies based on feedback, exemplifying resilience and the willingness to do “what it takes.” - Leadership: Visionary leaders motivate teams to stay committed during challenging phases, embodying the mantra at organizational levels.

## **In Personal Development and Life Goals**

On a personal level, adopting “it takes what it takes” can transform how individuals approach challenges like weight loss, learning new skills, or overcoming adversity. - Continuous Effort: Regular practice, even when progress seems slow. - Resilience in Adversity: Bouncing back from setbacks with renewed determination. - Long-Term Perspective: Recognizing that

meaningful change requires sustained effort over time.

## **Challenges and Criticisms of the "It Takes What It Takes" Philosophy**

While the phrase is empowering, it is not without its criticisms or limitations.

### **Potential for Burnout**

The relentless pursuit implied by “it takes what it takes” can sometimes lead individuals to push beyond healthy limits, risking burnout or physical and emotional exhaustion. It’s essential to balance perseverance with self-care.

### **Ignoring External Factors**

The philosophy may inadvertently overlook systemic barriers or external circumstances beyond an individual’s control. Success often involves navigating complex environments, and resilience alone may not suffice without support or opportunities.

### **Risk of Justifying Stubbornness**

In some cases, dogged persistence can be mistaken for stubbornness, leading people to persist in unproductive or harmful pursuits. It’s important to recognize when to adapt or change course.

## **Striking Balance**

The key is to interpret “it takes what it takes” as a flexible mindset—one that promotes resilience and effort but also recognizes personal limits and external realities.

## **Lessons from the Mantra: Building Your Own Resilience**

Applying the principles of “it takes what it takes” involves cultivating specific habits and mindsets: - Set Clear, Long-Term Goals: Know what you’re striving for and why. - Develop a Routine: Consistent effort compounds over time. - Embrace Failure as Feedback: View setbacks as opportunities to learn rather than reasons to quit. - Practice Self-Compassion: Perseverance is important, but so is kindness toward oneself during difficult times. - Seek Support and Mentorship: Resilience is often bolstered by community, guidance, and accountability.

## **Conclusion: The Power of Persistent Commitment**

The phrase “it takes what it takes” encapsulates a fundamental truth about achievement: success is rarely about innate talent or circumstances alone; it’s about the unwavering resolve to continue despite obstacles. Whether in sports, business, or personal growth, the mindset of perseverance—grounded in resilience, effort, and adaptability—can turn aspirations into

reality. By understanding and embracing this philosophy, individuals can cultivate the mental toughness needed to navigate life's challenges. The journey may be arduous, and setbacks inevitable, but with the conviction that "it takes what it takes," perseverance becomes not just a virtue but the very foundation of achievement. Ultimately, the phrase serves as a reminder that the difference between those who succeed and those who give up is a matter of persistence—doing what it takes until the task is complete.

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## Questions & Answers About it takes what it takes

| No | Question                                                                | Answer                                                                                                                                            |
|----|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | What is the main message behind the phrase 'It Takes What It Takes'?    | The phrase emphasizes the importance of perseverance, resilience, and doing whatever it takes to achieve success despite challenges and setbacks. |
| 2  | Who is the author associated with the concept 'It Takes What It Takes'? | The phrase is popularized by NBA coach and motivational speaker, Tony Robbins, emphasizing mental toughness and determination.                    |

|   |                                                                                                         |                                                                                                                                                                                                     |
|---|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | How can adopting the mindset of 'It Takes What It Takes' benefit someone in their personal development? | It encourages individuals to stay committed, push through obstacles, and focus on effort and persistence rather than giving up when faced with difficulties.                                        |
| 4 | Is 'It Takes What It Takes' applicable only to sports or can it be used in other areas of life?         | It is applicable across all areas of life, including business, education, relationships, and personal goals, emphasizing the need for dedication and resilience.                                    |
| 5 | What are some practical ways to adopt the 'It Takes What It Takes' mindset?                             | Practices include setting clear goals, embracing challenges as learning opportunities, maintaining a positive attitude, and consistently putting in effort despite setbacks.                        |
| 6 | Can 'It Takes What It Takes' be considered a motivational mantra?                                       | Yes, it serves as a powerful motivational mantra that encourages individuals to persevere and remain committed no matter the circumstances.                                                         |
| 7 | How does the philosophy of 'It Takes What It Takes' relate to overcoming failure?                       | It promotes viewing failure as part of the process, emphasizing that success requires persistence and willingness to do whatever it takes to overcome setbacks.                                     |
| 8 | Are there any famous quotes or stories that embody the principle of 'It Takes What It Takes'?           | Many successful figures, including athletes and entrepreneurs, have spoken about the importance of resilience and perseverance, embodying the 'It Takes What It Takes' mentality in their journeys. |

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|---|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9 | Why is mental toughness important in the context of 'It Takes What It Takes'? | Mental toughness enables individuals to stay focused, motivated, and resilient under pressure, ensuring they are willing to do whatever it takes to succeed despite difficulties. |
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perseverance, resilience, determination, grit, motivation, mindset, persistence, success, goal-setting, mental toughness

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It Takes What It Takes eBooks promote thoughtful consumption of information.

Readers can prioritize relevant sections without losing context.

It Takes What It Takes eBooks are widely used in professional development programs.

Ultimately, It Takes What It Takes eBooks offer an efficient, scalable, and future-ready approach to knowledge consumption.

Centralized content improves trust.

### **Tips for reading It Takes What It Takes**

Reading It Takes What It Takes in digital format can be a highly effective and enjoyable experience when done with the right approach. Unlike traditional printed books, digital reading offers flexibility, customization, and powerful tools that can improve comprehension and retention. However, without proper habits,

digital reading can also lead to fatigue or reduced focus. Applying practical reading strategies helps you get the most value from *It Takes What It Takes*.

One of the most important tips is to break your reading into manageable sessions. Long, uninterrupted reading on a screen can strain the eyes and reduce concentration. Instead of reading for several hours at once, divide your time into shorter sessions with regular breaks. This approach helps maintain focus, improves understanding, and prevents mental exhaustion. Using techniques such as the Pomodoro method—reading for 25–30 minutes followed by a short break—can be particularly effective.

Using bookmarks is another simple yet powerful habit. Most digital reading platforms allow you to bookmark chapters, sections, or specific pages. Bookmarks make it easy to return to important parts of *It Takes What It Takes* without scrolling or searching manually. This is especially useful for long documents, study materials, or reference-based reading where you may need to revisit certain sections frequently.

Highlighting key points and adding annotations can significantly improve comprehension. Digital highlights allow you to visually mark important ideas, definitions, or summaries. Adding notes in your own words helps reinforce understanding and creates a personalized study guide. Over time, these highlights and annotations turn *It Takes What It Takes* into an interactive learning resource rather than passive reading material.

Adjusting screen settings plays a crucial role in reading comfort. Most reading apps allow you to customize font size, font style, line spacing, and background color. Increasing font size and line spacing can reduce eye strain, while using dark mode or sepia backgrounds may improve readability in low-light environments. Adjusting screen brightness to match ambient lighting further enhances comfort and protects eye health during long reading sessions.

### **Creating a focused reading environment**

A distraction-free environment improves reading efficiency and enjoyment. When reading *It Takes What It Takes*, try to minimize notifications from messaging apps or social media. Many devices offer “focus mode” or “do not disturb” settings that help maintain concentration. Choosing a quiet, comfortable location with proper lighting also contributes to a better reading experience.

For study or professional reading, setting clear goals before starting can be beneficial. Decide whether you are reading for general understanding, detailed analysis, or quick reference. Clear objectives help guide how deeply you engage with the content and which sections deserve closer attention.

### **Access Formats**

*It Takes What It Takes* is often available in multiple formats, each offering unique advantages. Understanding these formats helps you choose the one that best matches your preferences, devices,

and reading habits.

### **PDF format:**

PDF is one of the most common formats for It Takes What It Takes. It preserves the original layout, fonts, and images, ensuring consistency across devices. PDFs are ideal for documents with structured layouts, charts, or academic formatting. They work well on computers and tablets but may require zooming on smaller screens. Annotation and highlighting tools are widely supported in PDF readers, making this format suitable for study and professional use.

### **ePub format:**

ePub is a flexible and reflowable format designed for eReaders and mobile devices. Text automatically adjusts to different screen sizes, allowing comfortable reading on smartphones and dedicated eReaders. If you prioritize readability and customization, ePub is often the best choice for reading It Takes What It Takes on the go. However, complex layouts may not always appear exactly as intended.

### **Audiobook format:**

Audiobooks offer an alternative way to experience It Takes What It Takes content. Instead of reading text, users listen to narrated versions. Audiobooks are ideal for multitasking, commuting, or users who prefer auditory learning. While they do not allow highlighting or visual reference, they provide accessibility and convenience for busy lifestyles.

Selecting the right format depends on your device, reading goals, and personal preferences. Many readers combine multiple formats—for example, reading the PDF for detailed study and listening to the audiobook for review or reinforcement.

## **Benefits of Digital Copies**

Digital copies of *It Takes What It Takes* offer several advantages over traditional printed books, making them increasingly popular among modern readers. One of the most significant benefits is portability. Hundreds or even thousands of digital books can be stored on a single device, eliminating the need for physical storage space and making it easy to carry an entire library anywhere.

Searchable text is another major advantage. Instead of flipping through pages, digital readers can instantly search for keywords, phrases, or topics within *It Takes What It Takes*. This feature is invaluable for research, study, and professional reference, saving time and improving efficiency.

Offline access enhances flexibility. Once downloaded, digital copies of *It Takes What It Takes* can be accessed without an internet connection. This is especially useful for travel, remote study, or areas with limited connectivity. Offline access ensures uninterrupted reading regardless of location.

Annotation tools add further value. Highlights, notes, and bookmarks transform digital reading into an interactive

experience. These tools help readers organize information, revisit important sections, and personalize their learning process. Notes can often be exported or synced across devices, providing continuity and convenience.

### **Cost and sustainability advantages**

Digital copies are often more affordable than printed books. Many platforms offer discounts, subscription models, or free access to public domain works. Over time, digital reading can significantly reduce costs for students, professionals, and avid readers.

From an environmental perspective, digital books reduce paper consumption, printing, and transportation. Choosing digital versions of *It Takes What It Takes* contributes to more sustainable reading habits and a smaller environmental footprint.

### **Accessibility and inclusivity**

Digital reading platforms often include accessibility features that benefit a wide range of users. Adjustable fonts, text-to-speech options, screen reader compatibility, and contrast settings make *It Takes What It Takes* more accessible to readers with visual impairments or learning differences. These features help ensure that knowledge is available to a broader audience.

### **Balancing digital and traditional reading**

While digital copies offer many benefits, balancing them with

healthy reading habits is important. Taking regular breaks, maintaining good posture, and limiting screen exposure before bedtime help prevent fatigue and eye strain. Some readers choose to alternate between digital and printed formats depending on the context and purpose of reading.

### **Building a long-term reading habit**

Consistency is key to getting the most value from *It Takes What It Takes*. Setting a regular reading schedule, even for a short daily session, helps build a sustainable habit. Tracking progress using reading apps or journals can increase motivation and provide a sense of achievement.

### **Final thoughts on reading *It Takes What It Takes***

Reading *It Takes What It Takes* digitally offers flexibility, efficiency, and powerful tools that enhance understanding and engagement. By applying effective reading strategies, choosing the right format, and taking advantage of digital features, readers can create a comfortable and productive reading experience. Whether for learning, professional growth, or personal enjoyment, digital copies of *It Takes What It Takes* provide a modern and accessible way to consume structured knowledge anytime and anywhere.