



Headwinds Do Not Have to Stop Us

17 August 2026 | Character | 4 minutes

THOUGHT FOR THE DAY

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

Henry Ford | attributed, unverified

What does it mean?

The saying is documented in the US newspaper cartoon Country Parson on 6 September 1955. No source from Ford's lifetime is known that links the saying to him. Airplanes usually take off into the wind because it increases the airflow over their wings.

Challenges do not solve problems by themselves. They can reveal what is missing or needs to change. When we stay calm and take the next workable step, resistance can become progress.

Put it into practice

- 01 Name one difficulty that is slowing you down right now.
- 02 Write down what you can still influence despite this difficulty.
- 03 Choose one small step that you can realistically take tomorrow.

YOUR TASK FOR TODAY

Take five minutes. Write one line each for the difficulty, what you can influence, and your next step.

YOUR QUESTION

How can you use today's headwind for your next step?