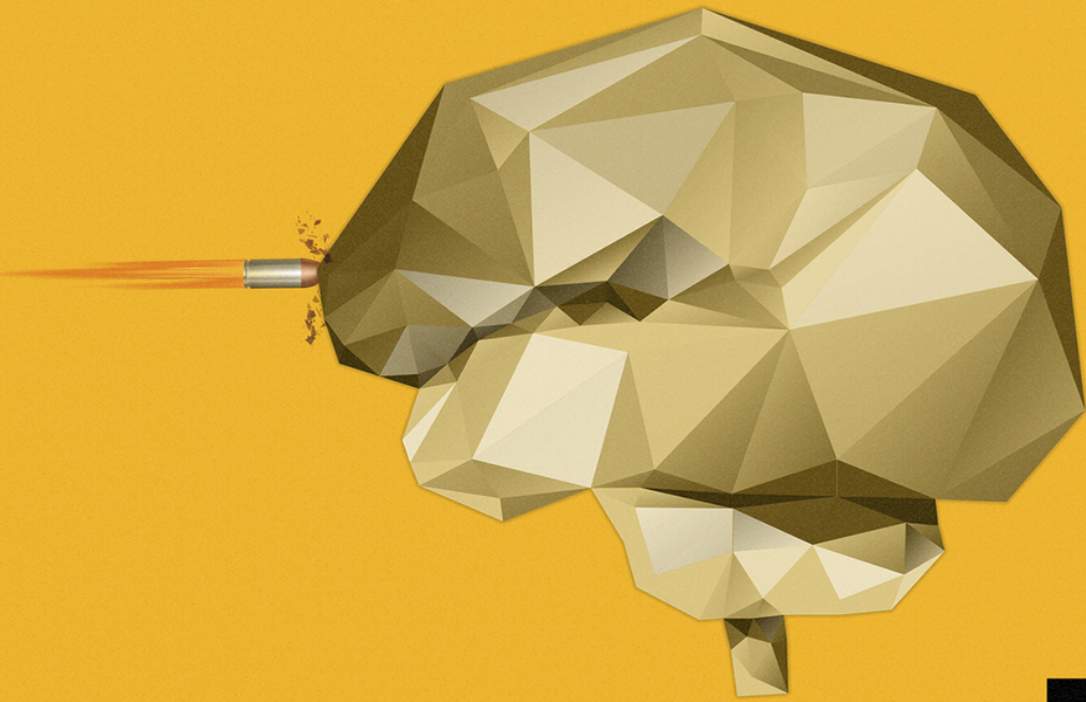


ANNETTE TOWER



mental TOUGHNESS

OVERCOME FEAR. FORGE THE POWER OF YOUR MIND AND CHANGE HABITS FOR A
HAPPY LIFE. MIND HARDNESS AND BRAIN RULES TO ACHIEVE YOUR GOALS.
WILLPOWER FOR A MENTAL MODEL OF SUCCESSFUL

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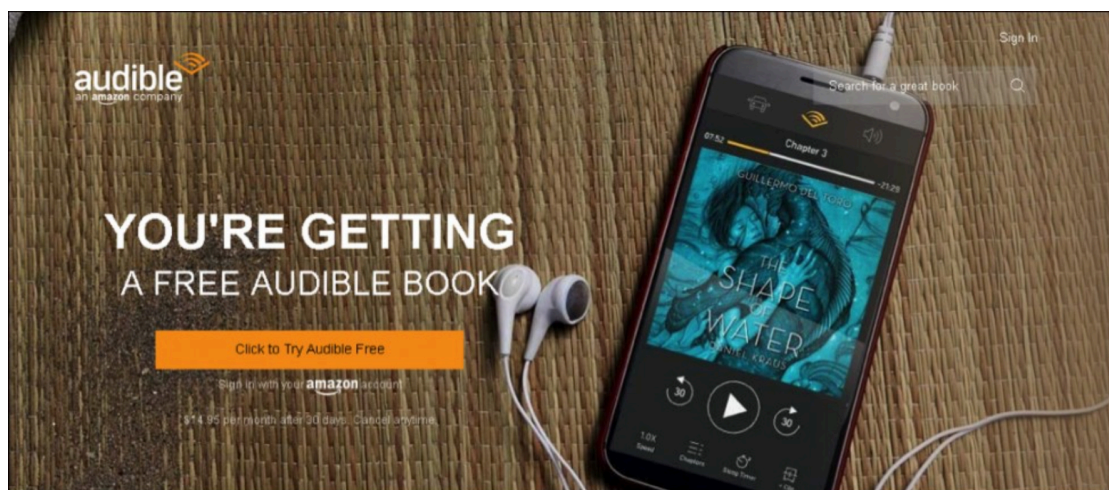
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Introduction

Although the phrase “mental toughness” has long been used informally, the term has come into its own in the fields of sports, coaching, and business leadership, and has moved into the health, occupational, social, and educational spheres. There are even attempts being made to come up with a formal definition for “mental toughness” as a psychological construct.

During the past decade, increased attention has been paid to the qualities of mental toughness and grit. In particular, ground-breaking work by the University of Pennsylvania researcher Angela Duckworth shone the spotlight on what she termed “grit” as being a defining quality in success and achievement.

In actuality, the idea that “mental toughness” is necessary for success is not new. The ancient Romans believed that the mind was the cradle of fortune—not just any mind, but a well-formed mind that could withstand the rigors of the path to success. Julius Caesar epitomized what it meant to have a tough mind. He could battle alongside his men without trepidation, all the while plotting strategies for individual combat and the overall battle. Similarly, it was commonly said that there was no weapon in all of Greece more lethal than the mind of Alexander the Great.

So, what is “mental toughness”?

“I know it when I see it.” That was what United States Supreme Court Justice Potter Stewart famously said in 1964 to explain how he decided whether material he was considering was obscene or not. In the same way, most people know “mental toughness” when they see it.

Mental toughness is often misunderstood. It isn’t about having a strong will or a stubborn nature. Also, it is usually thought of as something you are born with or not, but, due to the brain’s neuroplasticity, anyone who wants to can increase their mental toughness.

You’ll need to decide for yourself what “mental toughness” means to you and what you consider its defining traits and qualities. However, no matter which characteristics you choose to emphasize in your version of “mental toughness,” there are a couple of things to remember. First, maintaining consistency in the traits matters. Second, while “mental toughness” is an abstract concept, it is tied to actions in the real world. No matter which of the traits you focus on, the way that mental toughness is expressed is through how you act and live.

Finally, all roads in “mental toughness” lead back to “perspective.” It is the frame of reference through which you view your life and every experience and event that comprises it. If your perspective is skewed, then all that comes from it will be skewed, including “mental toughness.”

Perspective leads directly into the topic of “detachment,” which is a very special kind of perspective. The ability to detach yourself from what is going on around you is a key component of mental toughness and contributes to emotional stability.

From there, we look at change, readiness to face challenges, and strength. Self-awareness and self-validation are also part of mental toughness. Those qualities, plus focus, a positive outlook, patience, and endurance, all contribute to self-control, a hallmark of mental toughness. And finally, we wrap up our examination of the qualities that go into mental toughness with acceptance.

No matter how you define “mental toughness” for yourself, whichever attributes you think most contribute to it, if you make the effort to improve your mental toughness, you will be rewarded. You will experience an increased ability to handle pressure, adversity, obstacles, challenges, and failure, stronger confidence, self-belief, and motivation, and greater resilience and perseverance. Becoming more mentally tough will improve your life and experience in every area.

Chapter 1: Fear of Failure

Some people are so frightened by the thought of failing at something that they either completely avoid or go through with activities experiencing complete misery, doubt, and low-confidence. As a mentally tough person, you will need to embrace the idea of possible failure. Failing at something allows you to learn. Many of the most successful people on earth have failed many times before getting things just right.

How Fear Weakens Mental Processes

The way you think, process information, and relate to others can be drastically changed if you allow fear to hold you back. It weakens the approach to activities and helps you form a poor outlook on your capabilities. You can place yourself in the loser's category without even finishing a project. It is close to a self-fulfilling prophecy. Trying to dig out from years of living fearful of trying to put your efforts forth can be messy. It can seem somewhat addictive to consign yourself to losing before the race begins.

The roots of self-doubt

The fear experienced by those suffering from self-doubt is not the same as someone that is running away from a dangerous situation. It is an internal fear that people will discover that their work is faulty; they have no talent, their intelligence is questionable, or any number of personal tear-downs. The fear will leave you frozen and unable to participate in any way comfortably. It can severely limit your enjoyment and potential in life. The long-term effects of self-doubt can provide problems your entire life, even when recognizing your battle early on in adulthood. The best way to become mentally tougher is to force yourself to jump in and get involved.

The Ties of Fear to Anxiety

It appears that fear is closely tied to anxiety, but the truth is that anxiety is based on fear. Anxiety disorders happen from a misfire of the fight-or-flight response on the nervous system. It can be incredibly debilitating. It is another reason you need to work hard towards mental toughness.

The reasons anxiety strikes are as different as every individual experiencing the problem. Extreme anxiety can make it nearly impossible for those dealing with self-doubt and self-esteem issues to do the things that are necessary to recover and healthily view themselves. It

can become difficult for those who experience high levels of anxiety to function at work and home. Anxiety seems like the bad icing on the cake for someone that already deals with the difficulties of low self-esteem and self-doubt that anything they do is acceptable at any level. Reigning high levels of anxiety in can take time and persistence. Living in a state of anxiety, even though it is miserable, can become an expected state to experience on an everyday basis. A real drive for change is necessary. The greatest help is to want to become more mentally tough than ever before.

Fear of Failure and Holding Back

Fear can also arise from the dread of failing at something, or anything in life. Society has given the spotlight to “winners” for so long that anything less than first place is considered a failure. Being in highly competitive environments can prove discouraging to anyone that has any level of fear that they could compete and lose. Many choose to stay out of the fray and never get into competition mode. Choosing to stay non-competitive is fine if you do not care about results. Still, it is not acceptable if you want to become mentally tough.

Changing your views on failure

Dumping your fear of failure can be a healthier way to approach life. To do this in a way that makes you comfortable will take changing your views on what failure means. For example, if you were to start a small hot dog stand on the corner of a busy street and it did tons of sales, your name would be all over that area of town, and your friends and family would praise your success. If you started a hot dog stand in an isolated, run-down, slow part of town, your sales would be abysmal.

Developing a positive perspective

You can boost your mental toughness by taking great care in developing a strong positive perspective about everything. Negativity is almost like a disease to the emotional and mental processes in humans. It overtakes your mind and emotions and becomes contagious. Being exposed to constant negativity will rub off and begin to create negativity within your mind. Have you ever wondered why negative thoughts scream louder in your brain than positive? It could be you need to purge the negativity by switching channels. Tune out negative thoughts and find a station that fills you with positive thoughts.

Ways to Fight Fears

Fear can be an ally or an enemy. If you let it control your life, you won't be able to move forward. You will not be able to think clearly when you are flooded with anxiety or fear. Take a break so that you can calm down. You can go for a walk, take a bath, or prepare a cup of tea to distract yourself from your fear or worry for at least 15 minutes.

Face fears

Don't avoid your fears because doing so will only make them seem scarier. Your fears should start to fade if you face them. For instance, you're afraid of closed spaces. You can stay a few minutes inside an elevator to get rid of your fears.

Revert to basics

Many people turn to illegal substances or alcohol to cope with their fears, but doing so will just make things worse. Simple things such as a healthy meal and a good night's sleep can help treat anxiety.

Don't pressure yourself to be perfect

Nobody's perfect. It may sound cliché, but it's true. Setbacks and bad days will always occur. However, you don't need to be so hard on yourself. Don't try to be perfect. Life's messy, but you don't need to stress yourself over every little thing.

Visualize the worst

Try to imagine the worst thing that can occur. Maybe it is being diagnosed with diabetes or having a heart attack. Try to imagine yourself being diagnosed with diabetes. It is not possible. Your fear will disappear the more you think of it.

Imagine a happy place

Close your eyes and think of a calm and safe place. It could be an image of you sleeping on your bed with your spouse next to you or a picture of you eating your favorite dessert. The positive feelings you get from this image will help you stay calm.

Challenge fearful thoughts

Challenging fearful thoughts may help you deal with or eliminate your fears. If you don't want to take the elevator because you're afraid of getting trapped and suffocating, you should ask yourself if you know someone who has experienced such a thing. Think about what you'd say to someone with a similar fear.

Talk about your fears

Talking about your fears makes them seem less scary. Try talking to your family member, partner, or friend. If your fears are not disappearing no matter what you do, you can look for a psychological therapies service to help you.

Chapter 2: Fear of Success

If you try and focus on failure, your mind will gravitate towards it every time. Many of the most powerful men and women in business have had to file bankruptcy and create a business more than once. Rather than looking at it as a failure, they chose to view it in the light of education and learning. Failure is a negative term that leaves no room for actual improvement of skill, knowledge, and business acumen. Giving an idea a try and learning from a few mistakes is putting it to a brighter and more positive level.

Do not place yourself in failure categories

Any project or business you get involved in will have a certain amount of learning curve that goes with the territory. You also have to understand that there can be outside influences that determine your overall success at any given time. Starting a business that depends on the acquisition of steel for manufacturing and suddenly the price of steel goes through the roof might cause such a huge problem you cannot continue the business venture. It does not mean you should relegate yourself to the category of a "failure."

Learn to paint a more accurate picture of the cause that brought a venture to a premature conclusion. You might be surprised at the talent, skill, and mental toughness you displayed, regardless of the conclusion. No push for success would be a failure if you gave it everything you have got with your knowledge-level at the time. Give every aspect as positive a spin as you can to stay motivated and encouraged to try something else. Relegating everything to failure is a way to discourage and demotivate yourself. You could easily end up passing on the deal that makes you a billionaire.

What are some valuable lessons from past difficulties?

Being able to take away hard-earned lessons from real life experience is priceless to anyone that has reached the pinnacles of success. What you learn in life through actual hands-on experience can stick with you better than any book learning. The instinct of those that want to focus on failure is to try and forget the experience altogether. If you do this, the loss of invaluable life learning can never be replaced. Take the time to completely dissect what went wrong and look at ways to improve how you get things done. Discover ways that can improve your odds in your next adventure.

A few examples of what can go wrong in situations are:

- Not enough funding or resources
- Lack of critical information
- Lack of adequate planning
- Not enough talented help
- Bad location or wrong industry for you
- Not enough time allocated for a project
- Missing critical deadlines due to outside interference

Every list for every situation will be somewhat different. Make them as complete as possible to maximize the information you can glean from the experience. Include everything, even if you do not feel it is important at the time. You never know if it might be the missing puzzle piece as you sort through the specifics of the incident.

How can you do it better?

The whole idea is to take the above information and devise a plan to improve and make your next experience better. Mental toughness means learning how to push through every type of problem and difficulty for a complete resolution. The few problems standing in your way should be nothing more than a mere challenge. Never view it as a reason to weaken or turn back. You need to become your hero in some instances and discover the cure.

Some of the considerations you should make to improve your next experience can be:

- Find out the total costs of a venture, even the possibilities of unexpected costs. Make sure you have emergency funding that can cover these expenses.
- Make sure you are undertaking a business venture or project that you are comfortable with as far as knowledge and experience.
- Devise ways of handling outside interference.

Zero Criticism or Complaining

Mentally, tough people are not prone to complaining or criticizing a great deal. For one thing, it does not bring about any sort of resolution to an existing problem. You are more apt to turn people away and get them criticizing and complaining about your behavior. The best way to deal with any problems is to roll up your shirt sleeves and get proactive.

Solutions are all around, but it is up to you to find the right one to fit the situation.

Understanding what is controllable

Making sure your car is filled with gasoline for the work week is controllable, however, the weather: not so much. Getting a firm grip on what are controllable parts and pieces of problems is key to finding a solution faster. What is essential is to find workarounds for the times the uncontrollable ventures into your space. A small power outage can seem like the end of the world unless you have things you can do that are productive and require no electricity for a short time. You never have to worry about time wasted if you have a plan for every season and every reason.

A few examples of situations out of your control are:

- Serious health emergencies
- Employees that quit without notice
- Equipment breakdown
- Vehicle accident
- Vendors or suppliers being out of needed materials
- Natural disasters
- Weather or fire evacuations

You can continue to add to this list, and it will amaze you at how many problems can arise that there is little to no control over. Sometimes all you can do is roll with the flow and improve your skills of improvising for all conditions. You will find that even though these types of situations can be stressful, they do not carry the same amount of stress that a botched decision will.

The damage criticism can do

Being hyper-critical at every turn can backfire and cause a tremendous amount of strife in your home or business. If people become used to your having not much good to say about anything, trust levels will plummet, and people will begin to avoid being around you. It can place you in a lonely position. It can cause real damage to all of the relationships in your life. Approaching individuals that have made mistakes or might need some retraining is best handled by at least offering basic courtesy and an explanation as to what is wrong and why.

Learning to work with all types of personalities that come from a variety of backgrounds is a way to muscle up on your mental toughness. Avoid

saying things like:

- You should know better.
- Why did I hire you?
- Cannot you do anything right?
- Why cannot you understand simple instructions?

Complaining is NOT a solution

Constant whining or complaining is a skill developed by those that want to bypass the solution phase and simply give in or give up. Neither one of those is representative of individuals with mental toughness and strength. Avoid consistent complaining at all costs. It brings your reputation down in any type of work or social environment. People will wonder how much you complain about them when they are out of ear-shot.

You might have a legitimate reason to complain, but follow protocol and procedure to do it formally and in the right way. Never make it a topic of break room conversation. The same can be said of complaints in the home. Take them to the source and work things out. The only person that can be of help is the one you are waging a complaint against. It does not make sense to take complaints to people other than the individual in question.

Appear to Be in Control at All Times, in All Situations

If you have earned the designation of mental toughness, not much should bother you to the point of losing your cool. Everything should wash off like spring rains. Personal upsetting news or finding out a friend or family member passed away should be the only times you struggle. Whether you feel completely calm on the interior, your exterior should exude the ultimate state of relaxation and reason. Setting the example will earn you bigger rewards down the line.

Cool, calm, and collected

Everyone gravitates towards the calm person during an emergency. The reason is that in those moments, people need calm most. It provides a sense of security. Another reason to remain cool and collected is that you can capture more details of any situation by staying calm and mentally sharp. Some of the best witnesses during incidences like accidents, bank robberies, or natural disasters are those that stay calm and without panic. Solutions to any major problem will never come if you allow yourself to be drug down into feelings of upset or despair.

Unruffled feathers, no matter what

Have you ever experienced being around people or in situations that seem to be purposefully designed to get under your skin? Social gatherings that involve alcohol are some of the more common times that people seem to let their worst side out to play. Mental toughness is being able to stay unruffled and not get drawn into unnecessary battles. Arguments can also erupt at work or home. Kids can be masterful at dragging parents into arguments. Spend quality time working on being able to focus away from what seems to be personal attacks. It cost nothing to walk the other way.

Of trials and tribulations

How can you stay calm when everything around you is going haywire or is quickly entering a state of mayhem? Those with a firm hold on mental toughness can jump in and help handle all types of situations that make others fall apart. You are the one people will look to that knows how to turn the water supply off when there is a serious plumbing leak. You can stay calm enough to dial 911 in case of an emergency. No situation is too out of bounds to handle like a boss.

Calming the storm

You have the ability, as someone with mental toughness, to help calm down serious situations and reduce anxiety in those experiencing a traumatic or upsetting event. One example is the rash of the workplace and school shootings. It takes a few calm heads at the scene to help bring people back to a state of calm when traumatized. Being able to stay out of a complete irrational emotional state works to everyone's benefit in a bad situation or life- threatening event. It does not mean you are without feelings or are without your concerns, but being able to mask them with a calm demeanor is beneficial to everyone.

A couple of reasons why it is great to be the calm one in an emergency:

- You can assist with any search and rescue needed at the time of the incident, which can save more lives.
- Staying somewhat busy with the concern of others will help you get the time you need to assimilate the huge influx of data and get a mental grip on what just happened.

Chapter 3: Are We the Result of Our Environment or Can We Create It?

Mental Toughness - What Are Your Excuses?

Could we truly change our identity and how we think and carry on? Will a leopard change its spots? I as recently had this discussion with somebody who pondered whether an advisor is merely covering up the "leopard's spots" and that underneath as a whole remains the equivalent. Indeed, the truth of the matter is that I don't see numerous leopards in my counseling room. However, I do see humans that change constantly. A robust frame of mind to change is fundamental for mental sturdiness and strength. Peruse on, and I'll talk about this issue further.

The primary difference between a leopard, feline, tree (or some other living thing) and a human is that other living things have their life way and reason mapped out as of now. A leopard will turn into a leopard and do what a leopard does; a tree will do what a tree does. The instruction manual is inherent.

Concerning us humans, it is our obligation of who and what we become in every minute. We are mindful and have self-assurance. We are tossed into the world like on-screen characters on to a phase with no content or stage headings. We have no instruction manual. In this way, our identity and what we become is our obligation. Some factors influence our status today, and I have recorded a portion of this underneath; however, the primary point that I'm attempting to make here, is that we can't abuse these factors as reasons for our future.

Parents and culture

We could state that our identity is an aftereffect of our childhood or culture. We may have acknowledged messages and data about ourselves, other people and the world. For example, that we are "sluggish," "nothing more than a bad memory," "won't add up to anything," or "not intended to succeed." We may have acknowledged thoughts in regards to other people and cultures that they have in-depth knowledge or are savage, mean, and controlling. It may be the case that we accept the world is commonly hazardous, coldhearted, or disagreeable. The reality is that we may have kept these thoughts alive and kept on tolerating them uncritically and not reexamined them. If we have done as such, at that point that is our choice and we are in charge of proceeding to trust them.

DNA and genetics

Concerning our DNA and genetics, then we will have a minimal choice; we acquire half from our parents and 25% from each pair of grandparents. This will influence our physiology and physical wellbeing; we might be increasingly inclined to specific sports or exercises, although we will possibly prevail in these if we have the correct educational cost and coaching. We may likewise acquire inclinations to physical and psychological sickness. Our genetics may have an impact, yet we are not pedigree show dogs or racehorses. Instead, we are mindful, freethinking humans, and still choose what our predetermination is at each point in time.

Pushed by the environment

It is some of the time recommended that we are just a result of our environment. If you change the environment, you will change the individual. Think about these examples, and if you stop destitution, at that point, you will stop wrongdoing since people carry out wrongdoing when they are poor. If you rebuff a cheat and reward him for valuable activities, then he will be restored. The persecuted have "no choice" however, to progress toward becoming fear-based oppressors. Instruct an adolescent to play table tennis, and he'll quit any pretense of selling drugs and knifing his adversaries. I think you'll concur that life isn't that necessary people still include choices inside their environment.

Pulled by internal drives

It is secure to say that we are just helpless before our internal drives, for example, the discs for delight, power, and discovering meaning. We are not always rational cognizant human creatures. Our unconscious drives and instincts for joy, warmth, comfort, physical contact, and sex will influence our musings and activities. The new field of developmental brain research, which takes a gander at our ebb and flow conduct from the advantages that they served our stone-age men predecessors, presumes that a considerable lot of our unconscious drives are tied in with accomplishing a transformative position and passing on our qualities. So we are additionally driven by development. Our requirement for power additionally pulls us and endeavoring to be predominant. We may make up for our shortcomings in a single region by acing another and be driven by unconscious goals. For example, we may exceed expectations at craftsmanship if we are unsuited to sports. We may likewise endeavor to discover importance in cognizant goals and

exercises in life, for example, work and family. By monitoring these drives and instincts, regardless, we have control and obligation regarding our lives.

So, given the majority of the abovementioned, do we have through and through freedom and would we be able to change?

I think you know my answer. If we accept that we are just the result of our childhood, culture, natural, environmental, mental, and transformative drives, then we are only casualties of outside influences and internal conditions. As humans, we have the opportunity to transcend our environment and situations; we are allowed to stand firm and change whenever.

A leopard can't change its spots since it's a leopard. However, you can press yours and transform your issues into goals. Surrender the thought that the past is immeasurably significant; we, as a whole, have a history. However, we don't need to be in the past.

Mental Toughness - The Secrets You Should Know!

Since individuals are touchy, there are a few ways we can expedite misery and stress. Tragically, a great deal of blame still encompasses the impacts of psychological wellness. If we become wiped out with a physical illness, we are more than willing to disclose this data to others. In any case, being troubled is regularly observed by the person as an indication of their insufficiency. If the last depicts you, kindly don't mess with these feelings.

Try not to feel dis-encouraged if you think that it is difficult to adapt to the way the world is. You are not the only one; numerous others have a similar issue. What you need to do is build up your psychological toughness. Contingent upon how rationally prepared you are to manage dissatisfactions, will, at last, decide your general mental state. Indeed, even the most prepared people have, at some phase in life, experienced a psychological breakdown.

We need to ask ourselves, from where do we accomplish our quality of brain or mental toughness? Some of it appears to originate from our conditions. Proof demonstrates that psychological well-being has been incompletely licensed to genetic variables. If we are content with our present way of life, we have more trust in ourselves. Identifying that you require developing your psychological toughness will prompt various potential things you can do.

Right off the bat. A reality check is required now and then if things become an excessive amount to hold up under. Ask yourself whether you are over troubling yourself. You should attempt to concentrate on your priorities. People resort to a self-defeating procedure by over-burdening themselves with things to do to prevent them from pondering inclination down. Think carefully when you select extra exercises you need to share in; for instance, mull over a pastime or game that positively affects your enthusiastic quality.

Furthermore, consider addressing people who can help you when issues emerge. Again and again, people conceal their sentiments from others. Do whatever it takes not to do this! In some cases, what we need is somebody who is set up to tune in. Low self-esteem and despondency that defeats you need to be confronted head-on by conversing with a specialist or other qualified faculty.

Balance is comprehended as a feeling that all the significant parts of life are cooperating in complete congruity. Remember that balance is a significant word when it comes to mental toughness. The idea of balance differs between each individual, because of the reality we as a whole have our very own lifestyles with differing prerequisites. People's perception of balance could conceivably change at different stages in their life. They may wish to work past their designated hours at work; however, as an outcome, the monetary opportunity they want could receive the benefits of a life that has both balance and strength. Be that as it may, a lot can happen when we are thumped back in life. Reeling could bring about us getting befuddled and burdened and upset us in our necessary leadership. Having confidence in yourself, your life goals and pursuing them will help you to grow.

Advances are the key to balance.

People find that there is a shift in their feeling of balance and therefore, their privileges in life. In your late adolescents, your public activity may furnish you with stability. When you arrive at the center of your life, you may have turned out to be monetarily secure and need to rediscover yourself once more. Later on in life, holding down an occupation could have more significance. People need to check out their lives and consistently need to think about where they are currently and from where it is they have come. This is significant. Take as much time as necessary about reasoning where your priorities lie regarding solidness and balance.

What we 'need' to be content in life is the thing that people conjecture about. Social weights, for example, family, companions, and broad communications, achieve this. Honestly, however, what is best for you is just known without anyone else. Have steady trust in your very own impulses more and tune in to your internal voice. Genuinely question whether your life is excessively furious. Have your friends and family and your family priorities been pushed back because of exhaustion? Get together an action plan to attempt to get as close as conceivable to what you would do in a perfect world!

Try not to bring down the significance job balance plays in your life. By utilizing mental toughness to get this correct will improve your satisfaction more than you at any point thought conceivable. Look for expert direction when required, yet always understand the obligation you owe to yourself.

Chapter 4: Habits as Implanting Ideas in the Subconscious

Our habits sustain us during difficult, challenging times. When life deviates from our plans and we encounter unexpected setbacks, our habits and routines help us to stay on track. They influence our behavior, spurring us forward, practically on autopilot, when we're beset with difficulties and under pressure. When we adopt good habits, our actions and decisions become more consistent. We become less susceptible to our impulses.

The longer our habits have been in place, the more deeply ingrained they are and the more confidence we can have in them. The challenge is in forming them and making them stick.

Your Habits Are the Key to Your Mental Toughness

When we think of habits, we typically associate them with action. That is, our habits are things we do. But the truth is, they represent much more than that.

Our habits signify what is important to us. They reflect our values and priorities. If we adopt a good diet and exercise in a regular way, it means our health is important to us. If we meditate each morning, it means we value starting the day with a peaceful, stress-free state of mind. On the other hand, suppose we constantly eat junk food, refuse to exercise, and regularly argue with people online about politics. These habits also suggest our values and priorities.

Perseverance is as much a habit as brushing your teeth before going to bed. It's a behavioral response we train ourselves to carry out in certain circumstances. Like any habit, it has cues that trigger us to take action. The good news is, we can create these cues to help us develop this habit.

This process, developing habits that make our behaviors more consistent, is a vital part in developing mental toughness. It eliminates our need to rely on willpower, motivation, and inspiration, all of which are fickle and fleeting. Instead, we can rely on the routines and systems we design to prompt our behavioral responses to stress and pressure.

With that in mind, let's discuss a simple method for adopting habits that'll strengthen your psychological and emotional resilience.

A Fast-Track Guide to Developing Any Habit (And Making It Stick!)

Leo Babauta once said concerning adopting a new habit, “make it so easy you can’t say no.” There’s a lot of wisdom in that simple statement. It expresses one of the most important principles to developing a new habit: start small.

For example, suppose you’d like to start exercising daily. You might be enthusiastic and tempted to start your new habit with a 45-minute workout on Day 1. Don’t do that. Instead, take baby steps. Start with a 5-minute workout.

This first step is likewise important when developing habits that strengthen your tenacity and resolve. For example, imagine that you feel overwhelmed at your job. You’re exhausted and finding it difficult to focus. But you want to develop a habit of perseverance. Rather than rolling up your sleeves and working for hours nonstop, commit to focusing for a 5-minute time chunk. Make it so easy you can’t say no.

The next step is to make slow, incremental progress. There’s no need to grow your new habit by leaps and bounds. This isn’t a race. Striving to progress quickly is likely to do more harm than good. For many people, doing so is a recipe for failure.

If you follow this process, you’ll eventually build your habit to the point that you should break it down into reasonable portions. For example, let’s say you’ve improved your focus so that you’re able to work without distraction for hours on end. That’s quite a feat! But it doesn’t mean you should work for hours on end. In this case, it would be more beneficial to work in relatively short time chunks. For instance, work for 45 minutes, and then take a 10-minute break. Repeat this process four times, and then take a 30-minute break. Working in this manner will help you to maintain your momentum. Additionally, your focus will suffer less erosion because you’re giving your brain a chance to recharge at regular intervals.

The final step in developing a new habit is to design cues that trigger your desired response. It’s easy to do. The key is to be consistent.

For example, suppose you’re training yourself to continue working after taking short breaks. The problem is, you’d rather abandon your work and watch your favorite show on Netflix. Try this: pick a short, inspiring song. End each break by listening to it. Immediately after the song finishes playing, begin a new work session. This will cause your brain to create an association between the song and your next action (in this case,

getting back to work). The next time you hear the song, you'll feel compelled to get back to work.

You control these cues. You get to design them. That means you run the show whenever you decide to adopt a new habit.

This simple habit development system doesn't preclude slip-ups. You almost certainly will slip up now and then. Don't worry about it. It's a natural part of the process. Forgive yourself and move forward.

Now that you have a reliable method for adopting new habits, let's explore five that'll increase your mental toughness.

5 Daily Habits That Will Improve Your Mental Strength

Success in any difficult endeavor requires some traits, all of which are linked to mental toughness. They include grit, tenacity, resolve, and a positive state of mind. They also include discipline, persistence, and the willingness to delay gratification.

The following habits align perfectly with these traits. They reinforce them, and in a few cases are instrumental toward building them in the first place. Develop these five habits and you'll find it easier to face any challenges that come your way courageously.

Habit #1: View your past as training for overcoming future adversity.

We tend to let our past define us. We allow earlier events, along with our responses to them, to decide who we are. Our values and convictions are often entwined with what has happened before in our lives.

Sever this connection. Condition your mind to view your past as nothing more than training for the future. Things happened. You responded. Perhaps you made mistakes. Now, it's time to learn from them. Your past is merely instruction that provides you with insight into how best to respond down the road.

Habit #2: Evaluate negative emotions immediately when they arise.

Negative emotions are not, in and of themselves, unhealthy. On the contrary, research shows they contribute to mental health and psychological well-being. So it pays to acknowledge them.

Negative emotions can easily hijack your ability to make rational decisions and take purposeful action. They can quickly overwhelm you. So it also pays to assess whether the anger, shame, sadness, panic, and guilt you experience are overblown.

You don't want to suppress negative emotions. But it's important to develop the habit of investigating them the moment they surface.

Habit #3: Build your self-confidence.

Self-confidence is essential to developing mental toughness. After all, it's only possible to press onward during adversity and overcome the fear of uncertainty when you trust in your abilities.

Business magnate Henry Ford once said, "Whether you think you can, or think you can't, you're right." Ford didn't dismiss the role of talent and skill, but instead highlighted the equally important role of confidence. He recognized that our self-assuredness is critical to our success and its absence can easily result in failure.

Habit #4: Practice gratitude.

It's tempting to whine and complain when things go wrong. But we must acknowledge two cardinal truths. First, whining and complaining about unfavorable conditions does nothing to resolve them. Second, it can too easily introduce a host of negative emotions that result in further despair and disappointment.

Maintaining a positive mindset is pivotal to facing adversity with courage. Each morning, reflect on things that have gone right for you. Each afternoon, think about everything you have for which to be thankful. Each evening, before you go to bed, contemplate the small victories you enjoyed throughout the day. Practice gratitude daily.

Habit #5: Build a tolerance for change.

Mental toughness requires that you be flexible to your circumstances. When things go wrong, you must be able to adapt to act with purpose.

Most of us dread change. We enjoy predictability because it reduces uncertainty. Fear of uncertainty is one of the chief impediments to taking purposeful action.

Building this habit entails leaving your comfort zone. It calls for actively seeking changes that you can incorporate into your life. The upside is that doing so will desensitize you to changing circumstances, increasing your tolerance for them. As your tolerance increases, your fear will naturally erode.

THE GREAT THING about habit development is that you can advance at your own pace. Again, it's best to start with small steps and progress slowly. But each of us is different concerning what "small" and "slowly"

mean. Design a plan that aligns with your existing routines and caters to your available time, attention, and energy.

EXERCISE #6

WRITE down three habits you'd like to develop. Next to each one, write down three things you can do starting today to develop the habit.

For example, suppose you want to boost your self-confidence. First, you might commit to saying hello to five stranger each day. Second, you may decide to evaluate negative self-talk whenever your inner critic becomes bold immediately. Third, you might commit to saying no to others, focusing instead on your projects and responsibilities.

Time required: 15 minutes.

Chapter 5: Types of Habits

Habit #1: Judicious use of your mental energy

It is quite easy to get distracted by different thoughts and things. Did you ever start working and get distracted by something entirely different? Not everything is essential, and you indeed don't have to exert the same mental energy and focus. A mentally strong person is capable of prioritizing and knows the importance of making proper use of their mental energy to accomplish their goals.

Perhaps the best way to envision the benefits of using your mental energy judiciously is to liken mental energy to money. The average person has a fixed amount of money that they can spend at any given time. Unfortunately, it can be all too easy to "leak" small amounts of money here and there, resulting in having less to spend on things that matter. For this reason, one of the first rules when it comes to saving money is to cut out unnecessary spending, thereby eliminating the seemingly small expenses that tend to add up.

Thus, by not buying a cup of coffee a day you can save as much as five dollars a day, which can add up to over one hundred dollars a month. The same is true for mental energy. When you allow small amounts of your concentration to wander in different areas you wind up with less mental energy to spend on the things that matter. Therefore, it is critical to eliminate even the tiniest of distractions so that you have the bulk of your mental energy to spend on the important tasks. The more energy you spend, the better your performance will be, and thus the greater the results you will be able to accomplish.

Habit #2: Reframing all negative thoughts

Who doesn't have negative feelings? A mentally strong person knows that there is no point in encouraging negative thoughts and such a person would try to reframe all their negative thoughts into positive ones. Instead of getting discouraged by the negative thoughts, they would think of a way in which they can make it positive. They consciously try to change the pessimistic dialogue in their head to something positive that will encourage them to work harder. Whenever they feel low, they give themselves a pep talk.

There are two main ways in which reframing negative thoughts can benefit your life. The first is that when you turn negativity into curiosity you eliminate the burden of having to succeed. In other words, the fear of

failure might cause you to feel responsible for avoiding failure. However, when you turn the fear of failure into a sense of curiosity regarding the outcome you remove the burden of having to succeed. This frees your heart and mind to focus on the things you can control, which, in turn, increases your chances of success exponentially.

The other way that reframing negative thoughts can benefit your efforts is that it can enable you to open your mind to other possibilities. If you are afraid that a certain plan will fail, or that you will fail if you pursue a certain goal, simply ask yourself “why?” Now, instead of running from a fear of failure, you can examine the situation to see if there are better ways to achieve your goal, or better goals to pursue altogether. In the end, a fear of failure can be turned into a wake-up call to examine bigger and better options.

Habit #3: Working towards established goals

A mentally strong person always establishes precise personal and professional goals for themselves. They don’t believe in immediate gratification and can work towards long-term goals without giving up. Every hurdle that they have to overcome is viewed as a challenge and not a problem.

When you establish goals you essentially create a roadmap to follow to arrive at your ultimate destination—turning your dreams into reality. Only by working toward specifically established goals can you ensure that your direction remains true. Unfortunately, most people lose their way by not creating established goals, and this is what keeps so many people from ever achieving their ambitions. However, when you established specific goals you set a clear and measurable course that will take you to where you need to be.

Another benefit of working toward established goals is that this process allows you to break down large, overwhelming objectives into smaller, more manageable projects. This is the same concept as that embodied in the ancient Chinese axiom which states that even the longest of journeys is made up of individual steps. Thus, by breaking down a large goal into smaller “steps” you can avoid being overwhelmed by the size and scope of the overall goal, only ever having to deal with smaller objectives that are within your ability to achieve.

Habit #4: Reflecting on your progress

A mentally healthy person will spend a couple of minutes daily to check their goals and their progress so far. Only when you consider your

performance will you understand how well you are doing and the scope for improvement. They are capable of holding themselves responsible for any mistakes they make and will strive for something better.

When you take the time to reflect on your progress you will set yourself up for success in ways that you may never have imagined. The first thing you do by reflecting on your progress is to avoid the trap of being carried away by the momentum of your efforts. All too often when people simply push ahead with their efforts, never taking the time to reflect on their progress, they become swept away in the direction that their efforts take them. If things are going the right way, this won't be a bad thing. However, if things start to go wrong, this momentum can keep a person from changing their actions from wrong ones to right ones. However, when you take the time each and every day to examine your progress, you will ensure that you never get swept away by the momentum, thus you are in constant control of your actions and the direction those actions take you.

The second way that reflecting on your progress will benefit you is that it will keep you from feeling as though you will never reach your goal. This is particularly true if your goal is one that requires a great deal of time and effort to achieve. After a while it can be tempting to give up when you still feel so far away from the proverbial finish line. However, when you take the time to reflect on your progress, you will be able to see just how far you have gone. Even though the finish line might still be a long way off, by being able to see how far from the starting line you are you can feel as though your efforts have been worthwhile. Taking the time to celebrate even the smallest amount of progress can go a long way to keeping your heart and mind motivated, which can make all the difference.

Habit #5: Tolerate discomfort

At times, people tend to go to great lengths to avoid any form of pain or distress. A healthy person knows to endure a little discomfort if it means they can achieve greater things. It could be something as simple as pushing yourself to exercise after a long and a tiring day at work.

This is where the axiom "no pain, no gain" proves to be entirely accurate. When a person only ever stays within their comfort zone, they restrict the opportunities available to them. As a result, they will never achieve any meaningful success. Instead, they will only ever do things

that they know are possible, leading to the meager results that reflect the meager efforts they are willing to invest.

By contrast, when a person is willing to break out of their comfort zone they can broaden their horizons, thereby making themselves available to a whole host of opportunities that would have otherwise been hidden from them. Therefore, instead of shying away from the things that you know will take you out of your familiar territory, embrace the discomfort, knowing that it will lead to bigger and better things.

Another way in which embracing discomfort can lead to success is to recognize that discomfort is a sign of transformation. Again, the axiom “no pain, no gain” is highly significant here. When a person feels pain and ache as a result of exercise, especially weight lifting, they are feeling the effects of exercise on their muscles. By continuing the exercise they will continue to develop their muscles, thereby gaining the strength and physique that they desire. Thus, the pain they feel is indicative of the gain they are experiencing. So it is with all things. Always embrace discomfort, knowing that it is a sign of personal growth and development, not something to be avoided.

Habit #6: Being grateful

A mentally healthy person believes in practicing gratitude daily. They know how fortunate they are and will always count their blessings instead of thinking about all the things they don’t have. You should always be grateful for the things you have. Any self-help book that you pick up will tell you the same thing. Appreciate what you have, that’s the only way in which you will learn to be happy with yourself.

Another reason why gratitude increases your chance of success is that it keeps you from continually feeling as though you don’t have enough to achieve your goals. If you aren’t grateful for the things you have, you will see them as being inferior, or less than what you need. This, in turn, will undermine your confidence in being able to fulfill your ambitions. However, when you are grateful for what you have and who you are you find that you are more confident in your ability to achieve any level of success that you desire. This creates the irony that when you are grateful for what you have, you stand an infinitely better chance of being able to acquire and achieve even more!

Chapter 6: Paradigms Imposed with Habits

It is time now to begin looking at the issues you have with some of your habits in the face and to replace them with more enriching, and significantly positive ones. Do your best to remain judgment-free while you are doing this, and to forgive yourself for any minor setbacks.

Before you begin trying to change certain habits, it may be best to try to assess what level of change you are at.

This is another point where access to your notebook would be helpful.

The Stages of Change

Look over the list you made of habits you want to instill in your life.

Now, we are going to go through what is called the Stages of Change: The Trans-theoretical Model was written in the 1970s by psychologists who were observing people who were trying to quit smoking. They wanted to record the various stages in which they all traveled through that would eventually lead them to take a proactive approach in their healthcare.

The stages are listed as follows:

1. **Pre-contemplation:** People in this stage don't plan to take action in the foreseeable future, which is defined as within at least six months. People here are usually not aware that their behavior isn't good for them or others. They are not aware of the many pros that exist should they decide to change their behavior.
2. **Contemplation:** People in this stage begin intended to start down the healthy path in the foreseeable future, at least the next six months. People may not see that their behavior is problematic, and are more thoughtful about the pros that are involved with their decisions to make a change.
3. **Preparation:** People are ready in this stage to take action within the next 30 days. People begin taking small steps forward, and believe that this change will help them to live a healthier life.
4. **Action:** Within this stage, people have taken action to change their behavior and intend to keep moving forward with this change.
5. **Maintenance:** At this stage, people have been able to sustain their behavior change for at least six months now, and intend to maintain this

behavior going forward in their lives. People in this stage also work to prevent relapsing back into old, unhealthy behaviors.

Actual Neural Rewiring

The science of neurology, which is the study of the brain and how it affects human thought and behavior, has proven that there are various ways that humans can reshape the flow of neurons moving through their spine and brain. It was once thought that every person's brain is wired a certain way, and very little can be done about it throughout their lives. Thankfully, through the application of new behaviors and experiences, this is not a fact and something you have vast control over.

Neuroplasticity refers to your brain's ability to reorganize, both physically, functionally, throughout your entire life with influences from the environment, your behavior, thinking, and emotions. Neural pruning refers to the natural process of the brain to extinguish any neuron that isn't being fired. You strengthen specific neural pathways the more you engage in the same thought patterns, behavior, emotions, interactions, etc. This is mostly how learning a new skill works; you start one way, and if you participate in this hobby consistently, the neural pathway that is associated with it will become stronger, warmer, and more instantly activated.

This process is the key to understanding how instilling new habits work. There is a reason why when you tried to stretch your injured muscles only three times last week, then forgot one week, and then only did it twice another, that this behavior did not become a habit. The neural pathway simply wasn't warm enough, and neurons are only going to fire when they are being summoned often.

Steps to Take to Begin Creating New Habits

1. **Identify Cues:** There is something that has to trigger a habit, and a cue can be anything that relates to it; maybe stress makes you want food, alcohol, or a particular thought or post on social media makes you want to procrastinate. Whatever it may be, try to notice these. If this is hard for you to do, try to notice when you are engaging in a bad habit, and then going back from there. Did someone say something to you? Did you read something on the internet? Are you worried about something? Do you best to honestly reflect yourself?
2. **Disrupt:** Once you have noticed the cues that are triggering your chosen bad habit, you can begin trying to throw it off. For example, if reading something on social media makes you feel bad about yourself

and your skills, which makes you want to sit on the couch and procrastinate, try limiting your social media activity, or at least not doing it in the morning or the time you feel most affected.

3. **Replace:** Research has shown that if you have a more positive habit in mind to replace a bad one, you are more likely to stop participating in the bad one. The new habit interferes with the old one, making it harder for your brain to go on autopilot and go down the path with those warm neural pathways. An excellent example of this is trying to replace night-time snacks with fruit or something healthier; not having junk food available may also be another step-in disarming that bad eating habit.

4. **Keep it Simple:** Making new behaviors simply goes in line with the old behaviors; those were easy too, which is why you have engaged in them for so long. Making a new habit too tricky will make the application of it far less appealing.

5. **Think Long Term:** Habits generally form because they satisfy short-term impulses. The results though of these short-term impulses may last awhile though, such as avoiding cleaning the dishes or stretching your injured leg. When you are engaging in new habits, try to think about the long-term effects that this will have on your life, and how you are doing it for the best for yourself.

6. **Persist:** Habits are hard to break; that's why there are so many books written about forming new ones! We order in at night because it is easy, and we don't want to make dinner. This may be because we had a long, tiring day at work, and we did not bring enough food for lunch and can't be bothered to rummage up a home-cooked meal. We also may have not brought the right amount of food for lunch because we did not plan the night before, staying up late and lying on the couch. This kind of habit connects to many other bad habits, so, if we look at this as an example, where to begin would be to start making lunches for the week that are substantial enough to feel full of. Then, you will have more energy actually to cook a healthier, financially sound dinner.

Instilling a new habit is going to take time. While you are looking over your list of new behavioral habits to apply, take a glance at this list, which will give you advice on how you can improve your mental strength while putting in the effort to make healthier, happier choices.

1. **Create Behavioral Experiments to Challenge Your Self-Limiting Beliefs:** There is probably more than one reason why you

haven't been able to keep up with a particular habit in your life. You may suffer from mental health disorders, or even have become used to self-diminishing dialogue. Whatever it may be, it doesn't make you less capable than anyone else or mean that you possess less mental strength than other people. Your self-limiting beliefs are merely trying to convince you of these lies. Some of these self-limiting beliefs can turn into self-fulfilling prophecies, because you are only expecting a negative result, or that no one is going to like you. So, you may need to change those first before you start looking at behavioral habits.

2. **Replace Victim Language with Empowering Statements:** Self-limiting beliefs are more than likely going to be made worse by the constant use of victim language. You may employ this within your self-dialogue on the daily. If you catch yourself blaming others for how you feel, or the unfavorable circumstances in your life, stop yourself. This is the victim language. It makes you feel like you are not in control of your daily life. Try to replace it with statements that you feel like you ARE in control; because you are! You deserve to recognize that you are in the driver's seat of the life that you are living in.

3. **Practice Self-Compassion:** Calling yourself names and putting yourself down isn't going to motivate you to try again, or to try anything else that is challenging for the matter. If you want to do better, think about how you would talk to someone you love after they make a mistake or something negative happens in their lives. If you are a reasonable person, you wouldn't sit and insult them for hours on end. You would show them compassion, empathy, and support them into making new decisions about the future. Try to do this for yourself, and recognize that this is only going to help you in the long run, as bringing yourself down is only going to make you feel unhealthier and unhappy.

4. **Behave like the Person You Want to Become:** Wishing that you could be a certain way isn't going to make it happen. Wishing that you could be a morning person or a person that exercises daily, isn't going to do anything, but make you feel bad for yourself. You are capable of becoming these things, and the first step toward that becoming is trying to act like that person. Ask yourself, what would a morning person too? And follow through on those answers.

5. **Live in The Moment:** This is going to be a repeated notion throughout this, as lack of living the moment is a consistent cause of unhappiness, lack of health, and various mental health disorders. Staying within the moment and getting what you can out of it is the only way that

you can improve yourself, and reach the future that you have been planning for.

Chapter 7: Positive Mindset

Imagine that you are playing a football match and you are going to hit a penalty. The judge whistles, you practiced in the training, and are ready for the beat. Suddenly a thought arises in your mind, "do not throw the ball out."

What happens every time this thought arises in a situation like this? The ball invariably goes out!

The reason is that the mind is not a gauge of reality; it does not intrinsically differentiate right from wrong. It only knows how to distinguish right from wrong because of what we have said is right and wrong. Just thinking about doing something, takes what we are thinking to the center of our thoughts and actions.

Hence the importance of building a positive mindset. The mindset is thus defined by Napoleon Hill: Procedure that leads to the realization of an entirely positive mental intention. The procedure is the set of acts in a sequence that lead to a predetermined result. To materialize is to accomplish, to make it happen. The intention is will, desire.

Then we can understand that a positive mindset is a set of actions that lead to the realization of a desire through positive thoughts. However, for the realization of the selected desires, the mental procedure must be 100% positive. If only one thought, simple, short, negative, will be enough to maculate the whole procedure. So the expected result will not be achieved.

So saying, even if mentally (by thoughts), we say not to do something, "do not throw the ball out," sometimes it's really like programming to do just that.

Instead of thinking, "do not throw the ball out" we need to control, dominate our mind to think only "make the goal" in 100% of the time until kicking the ball. Such a procedure will invariably lead to goal or goal achievement. This is just an illustrative example to make understand the importance of positive thinking in life. It is worth remembering that this is applied to any situation we live in, the thought we have is that it will take us where we want or not.

This is the influence that a positive mindset can mean: The difference between success and failure. This applies to everything we do in life.

How to Develop a Positive Mindset

One of the greatest secrets of successful people is to maintain a positive mindset even in the face of challenges. For those who have a business of their own or seek greater professional appreciation, this behavior is fundamental, because staying positive is one of the keys to persistence, which is one of the pillars of success.

Digital entrepreneurship expert Alan Pakes admits, however, that it is not easy to have a positive attitude when we encounter problems. "I was the opposite of this and let the difficulties take away my calm, sleep and logic."

Founder of the first online congress in Brazil, CONAED, and Pakes recalls that the biggest problem when we despair is not being able to think usually and believe that there is no solution. "It's this kind of trap that may be able to destroy, in seconds, a business of years. People should flee from this thought."

To help you stay optimistic and positive, look at these 5 practices:

1 - Find Your Inner Happiness

We all have something that makes us move forward, that animates us, gives us strength and serves as propelling energy for our actions. It can be family, love, success, faith, a hobby, travel, etc. Whatever causes you this sensation, enjoy it. Cultivate this daily within you and cling to what keeps you walking.

Put a reminder or symbol that refers to what makes you happy in one place you can see daily, not to forget and stay inspired.

2 - Manage Your Stress

The way you deal with your stress can save or sink you, depending on what it is. Of every 10 workers, 3 suffer from total burnout, the Burnout Syndrome. Even at lower levels, stress can cause physical and psychological problems, such as headaches, exhaustion, high blood pressure, gastrointestinal problems, the feeling of disability, and depression.

Each person has different ways to relieve stress, so find the one that works for you. Singing, painting, dancing, writing, doing physical exercises, listening to music, and meditating are some practical and accessible ways to combat discouragement. Always reserve space in your calendar for some enjoyable activity.

3 - Stay Motivated

Often, when we go through a long process, such as having a business of our own, we forget the reasons why we are doing certain things. Always remember what motivated you to begin, what goals you have already achieved, which ones you still want to win, and what your biggest prize is. And then stay focused.

Success takes time, persistence, and trust. Many people try thousands of times before they can. Remember: even if you have tried several times, the next one may be the right one!

4 - Prepare For Everything, Including Good Things

We cannot predict what will happen, so always be prepared. Yes, bad things can happen, as well as good things, and you have to be ready to take advantage of them. Be open-minded and do not let adverse events tear you down. And if that happens, get up! You will encounter obstacles and make mistakes, so accept them and learn from them.

You will also find joys, opportunities and various beautiful situations. Also make sure you are ready to grab the opportunities, live your dreams and get the best out of it.

5 - Build a Positive Network of Contacts

Jim Rohn, entrepreneur, author, and motivational speaker from North America, says we are the average of the 5 people we spend the most time with. We tend to approach people with the same vision and attitude as ourselves, and this can be both good and bad. If you have a negative view of the world, you may end up approaching people who think the same way and even if they do not want to, they will let you down because they cannot see a solution either.

On the other hand, if you get along with more optimistic and confident people, they will help you always to see a positive response, solution or action. Of course, you do not have to take people out of your life, but create a network of contacts that you can trust and find motivation!

"There are several keys to success, but I have learned from experience that maintaining a positive mindset is by far the most important. Through it, it is much easier to conquer all other keys," says Pakes.

The Importance of a Successful Entrepreneurial Mindset - The Principles:

Principles are fundamental so that man understands the basic principles can choose and apply any method with ease. Whoever understands the

right principles can modify specific methods by applying each technique ideally to what he wishes to accomplish.

The opposite is not always the man who leaves trying desperately trying to program methods without understanding the principles, is sure to have problems. Before we try to program the specific techniques of how to build a website, bring more traffic, convert more e-mails to our list, but fans to our page, it is vital to have this very well built base.

The most natural part is to work together on this strategy of concrete tips and specific actions because it is straightforward to follow instructions are quite simple. We have here a process of reflection that will help you to promote the questioning, a reformulation of our psychological side.

We have to understand this part of grounding for a firm basis that will naturally guide us throughout our process. As much as we bring several guides and tutorials step by step to ready strategies, let's say there are mini cake recipes to be followed, the path of entrepreneurship is widespread that something unforeseen happens.

So it's essential to know how to change direction in the middle of the road, without a good base we always depend on step-by-step tutorials whenever any of these changes happen.

Instead, I like the philosophy of teaching fishing rather than just giving the fish ready.

I teach two things: first, we will learn to fish fundamentals, philosophy, part of principles and then logically, we go to different techniques step by step, that is to say: It is the fish of our method.

With the principles and entrepreneurial mindset, each of us will develop a unique style of fishing we will not be outdated as new technology appears.

Knowing the basics, we can adapt to a future in which twitter, Facebook and other tools of today may no longer exist or may no longer be relevant in the future. What makes the difference is our psychological side with that well-adjusted everything else techniques that are much simpler.

Understanding the psychology behind entrepreneurship in this way means that we better understand how to create our business model to our marketing strategy and also to manage our business. Psychology is the study of the behavior of our mental processes as we examine the emotional system and how our mental state works.

This often reveals some incoherence between our rational plans is our emotional desire and a lot of people do things that have no meaning. You have noticed when some friend of ours complains that I am not being able to do anything and only that this person is behaving in a way that does not come close to the result.

We do the same thing. For us to harmonize the reasonable goals, we have to have the emotional desire of the first step. It is to understand better what is happening with us and have a look within the principles that reveal the ideal mentality for entrepreneurship.

This is essential so that we can record theoretical learning in concrete actions and everything gets much more comfortable when we start with the principles is the right mindset. I know that in any training; we have the tendency to want to jump right into the techniques, take the tricks to a series where we will carry out various practical activities.

Practices together will show us step-by-step optimization techniques, but these techniques will not serve us at all if we do not have the right mindset with the solid principles that will guide us in accomplishing our work.

The Not Important is Not Important: Knowing is doing.

If you will achieve tangible results in another reason; only pure information is not of great use you have gone through a time when you knew exactly what to do only that you did not become paralyzed. When we are learning something, we should always observe for example:

If a beginner is learning to drive a car, it is correct that if you have the driver's license; you know how to drive and it is not very difficult. It is a single block of information, but the first time you will be driving multiple blocks of information have to be processed at the same time.

For example, you need to study and have the right knowledge to drive. Nowadays it all goes automatically to our subconscious mind.

Chapter 8: Get Out of Your Box

LEARNING TO BE mentally tough can be challenging at times. And one of the best—and often hardest—ways to develop mental toughness is to stretch yourself to the point of discomfort. As the Navy SEALs say, “Get comfortable being uncomfortable.”

My personal favorite set of exercises that show how tough Navy SEALs train is called drown-proofing. With arms and legs bound, candidates jump into a 9-foot-deep pool. Once in the water they have to perform a variety of skills:

Bottom bounce: The test taker sinks to the bottom and bounces off hard enough that they can rise to the surface, breathe, and repeat. It sounds easy, but with your hands bound it is difficult.

Float: Doing a dead man float is not that tough—except if your hands and feet are tied.

Swim 100 meters: The only way to swim with your hands and feet tied is by doing a dolphin kick, which is extremely difficult.

Front and back flip: After swimming, the test taker has to perform a front and back flip without using their hands for stability.

Mask retrieval: By the way, you cannot use a mask or goggles with this drill. The final drill is for the test taker to dive and retrieve a mask that is sitting at the bottom of the pool. They must grab it with their teeth and bring it to the surface while holding it with their mouths.

Each test is designed to see if a trainee has the grit to thrive under adverse conditions. To be a Navy SEAL means you are among the elite, and therefore the training relies heavily on testing the mental capacity of each candidate, as well as their physical limits. To become a member of this elite squad and to maximize the potential of the Navy SEAL training regimen, physical training is essential but developing mental toughness in uncomfortable and unfamiliar situations is even more so.

The benefits of stepping outside of your comfort zone are immense. Challenging yourself pushes you to dig deeper and excavate an untapped reservoir of knowledge and resources that will pay dividends and growth opportunities that will change your life forever. Taking risks, even if you fall short of your intended goal, will help you learn lessons that will enable you to accomplish your ultimate goals, eventually.

Here's an important secret: Stepping outside your comfort zone will be easier if you stop caring about what other people think and if you stop worrying about the possibility of failing. Stepping outside your comfort zone will often put you in a place where you may fail—let that be okay. Failing is an important first step on your way to a higher goal. Helen Keller put it best when she said, “Life is either a daring adventure or nothing at all.” If you are not failing, you are not growing.

Get Comfortable Being Uncomfortable

Being uncomfortable isn't any fun. But mentally tough people put themselves in uncomfortable situations because doing so teaches them how to handle stress, solve problems, and think critically. You must begin to do the things you don't want to do if you want to become the person you can be. The fact is, if you want to make big things happen in your life, you must begin to get comfortable with being uncomfortable. And that means that you need to eliminate the word quit from your vocabulary.

You can't get mentally stronger if you stay in your comfort zone at all times. When you're willing to move out of your comfort zone, you will:

The benefits you get after stepping outside of your comfort zone on your journey to becoming mentally tougher can linger. You'll discover the overall self-improvement you get through the skills you're learning, the new foods you're trying, the new country you're visiting, and the new job you're interviewing for.

Ask yourself this question: When was the last time you tried something new? If the answer is, “It's been forever” or “I can't even remember,” then it's time to step out of your comfort zone.

Do yourself a favor, though, and do not try to take on something dramatic for the first time. For the time being, start by taking baby steps toward building your ability to get comfortable with being uncomfortable. For example, try brushing your teeth with the opposite hand or walking up the stairs backward. Too easy? How about getting up at 4 a.m. to start your day or taking a cold shower? This will test how comfortable you are with being uncomfortable.

Once you master those tests, try something a bit more challenging. What about using your voice to stand up at a Board of Education meeting at your child's school? Or volunteering to run a local fundraiser? Putting yourself in a new situation triggers your brain to release dopamine,

which in simple terms is the main chemical of pleasure. And it gets released by the brain when you experience entirely new things.

Whatever your mental toughness objectives are, stretching the limits of your comfort is vital to gaining it. Identify your specific goal and break it down into its physical and mental parts. Work in both areas as you continue to cultivate and nurture a new, more powerful mind-set. Few people enjoy the feeling of being uncomfortable. The challenge is to get past that initial negative feeling, so you can grow and benefit from your discomfort.

Use these five steps to help get more comfortable with being uncomfortable:

1. **Simply start.** It's a fact that many people will never step up to the starting line. They will spend years thinking about all the reasons why the situation is not just right to start a new business, go back to college, run their first marathon, or leave a job that doesn't work for them. The greatest fear is the fear (and discomfort) of the unknown. Whatever your goal is, you must begin. Once you have crossed that threshold, the road map will often fall into place—but it all starts with you deciding to start.

2. **Don't quit.** Once you begin, don't give up. Many dreams die when a person steps out to follow a dream and quickly finds out how much work it entails and how uncomfortable it can get. I refer to this moment as the circle of failure. You get excited and your adrenaline starts to run through your veins when a new opportunity comes into your orbit. But getting involved will require hard work, knowledge, and perseverance. Once many people hit this point, the discomfort tells them to quit and to start something new. But moving on to another endeavor won't solve the problem since there will always be uncomfortable and painful moments in whatever you do. It's better to forge ahead and get comfortable with being uncomfortable until you push past the difficulty and finally see some success.

3. **Fake it until you make it.** Fear kills more dreams than failure ever will. When you find that the fear of the unknown or of failing is starting to take over, visualize yourself finding success in your goal or repeat a positive mantra. Envisioning yourself crossing the finish line or being showered with compliments can be enough to get yourself over the hump. Hence, you move forward toward your ultimate goal.

4. **Share your journey.** One of the best ways to power through your discomfort is to begin taking the journey with other like-minded people

instead of going it alone. By taking on the challenge with others and creating a support network, you have the benefit of sharing war stories and humor that only those on the inside will understand. The camaraderie you share will help you forge relationships that can last a lifetime—not to mention help you over any hump that comes your way now or in the future.

5. Recognize your progress and repeat. Track your progress and celebrate the change you see in yourself. Once you experience success with one challenge, you will feel more confident taking on another. Build your confidence by going through the uncomfortable experience again if necessary so you can experience and see your progress in real time. The more you perform the same activity, the more your confidence will grow. Confidence—like mental toughness—is a tangible attribute that is in your control. It comes from practice and repetition.

Chapter 9: Outline of How Habits Are Formed

Habits are the external manifestation of an internal process within the brain known as ‘chunking.’ Chunking happens when a sequence of actions gets turned into a routine that happens without your having to think about it. Let’s say that you want to start flossing every night. The first several nights, you set the floss right next to your toothbrush and remind yourself to use it. After a while, you remember to grab the floss even if you put it somewhere else. Eventually, you automatically reach for the floss without thinking about it because that’s just what you’ve been doing for a while. Your brain has decided to make the whole process simpler by taking the “think-then-do” sequence and then turning it into ‘do.’

It sounds simple, but it can become more complicated when we apply the process to tasks that aren’t always pleasant or don’t offer instant gratification. Many people struggle to floss because it’s annoying. There’s nothing fun about it, and the reward isn’t immediately apparent. Bad habits are far more common because they often involve an activity that offers some form of pleasure and are generally easy to do. Smoking is an obvious example—it’s not difficult and the perceived reward is instantaneous.

Mentally tough people take habits to a whole new level. They use it not just to develop productive routines in life but to create a mental toughness mindset as well. After all, the easiest way to be mentally tough is to, well, be mentally tough. For mental toughness to become second nature, you have to focus on external habits as well as internal.

Now that you know how essential habits are, it’s time to learn how to develop them.

Start With Something Small and Simple

If you try to go big all at once, you will, unfortunately, most likely fail. When we say we’re going to do a 5-km run after spending half our life on the couch, or try to quit smoking cold turkey, or set the alarm for 5 a.m. when we’ve woken up at 8 our whole life, we’re setting ourselves up for failure. It doesn’t matter if you try to add motivation, discipline, or perseverance to the mix. When we try to form a new habit, there’s typically an old one that has to be broken first.

Break your desired habit into pieces and implement one at a time. If you want to start waking up earlier so that you have more time to prepare for

the day, set your alarm 10 minutes earlier than usual. Then, after a day or two, put it back another 10. Then another. Keep on moving back in increments of 10 until you've reached or exceeded your desired wake-up time. It's easier to convince ourselves to follow small changes in routine than the big ones.

Follow the “Habit Loop”

There's a particular “habit structure” that has been developed by behavioral psychologists, detailing the aspects of habit creation and how each part builds off the other, resulting in a fully formed habit. These aspects are:

1. The Cue
2. The Action
3. The Reward

Each piece is necessary if you want to form a habit that sticks. The ‘cue’ tells you when to do something, the ‘action’ is the thing you do, and the ‘reward’ is what you give or allow yourself to send a signal to the brain that says this cue-action sequence is positive.

Sticking with the example of waking up earlier, the cue in this case would be your alarm going off, the action would be you immediately getting up without hitting snooze, and the reward could be something like a fresh cup of coffee or a delicious breakfast. The point of adding in the reward is to make sure that the action is associated with positivity. The brain wants more of what makes it feel good, so pick whatever feels like a reward to you and use that to reinforce the new behavior.

Do It Every. Single. Day.

A habit is, by definition, a routine. It's not routine if you don't do it every day, is it? Whether it's getting up early, exercising, eating better, or staying away from social media while you're working, you need to do it every single day for the habit to form.

...For 30 Days

There's a myth out there that states a certain number of days, months, or hours are necessary to learn something new or develop a habit. If only it were that simple. In reality, there's no specific formula for habit development. Still, if you can stick with something for a month, you stand a better chance of forming a habit.

If You Fall Off the Wagon, Get Back on Again

While a month is an excellent timeline to give yourself, it's almost inevitable that you will miss a day or even a few days. When that happens, don't wait until the next month, the next Monday, or the New Year to start over. No date or time's going to be 'ideal.' That's the motivation lie, and it has no place in habit development. When you make a mistake or fail altogether, start again. The longer you wait, the more progress you lose.

Which Habits to Develop

You know why habits are important and how to develop them. Now, the question is, which ones do you choose?

Let's go back to motivation for a moment. When you want to do something, you seek motivation. You don't make the process about the thing you want to do; instead, you make it about your need to have an external push to do it. That's the wrong way to think about it.

Think about whatever you want to be motivated to do and turn that into a habit. Then, with or without motivation, you'll end up doing it.

If you don't know where to start, consider some habits of mentally tough individuals.

Wake Up Early

Even on the weekends. Sure, the idea of sleeping in might seem appealing, but what does it give you in return? You usually wake up feeling groggier and less productive. It sounds cliché at this point, but it's a concept worth hammering home. If you want to be successful, get up before the rest of the world. Not only is it refreshing to be awake when everything is dark and quiet. There's a day full of possibilities ahead of you, but early mornings also offer you extra time to do what you usually don't have time for. You can make a healthy breakfast, read a book, meditate, or do anything else that makes you feel good and helps set the tone for the rest of the day.

Look into the habits of most successful people in history, and you'll see a trend: most of them are up before 6. This is often accompanied by an earlier bedtime, albeit not always. You may need to experiment to see what works for you, but try to stick to 7-8 hours of sleep. There's no point in waking up early if you're going to be exhausted all day because you didn't go to bed until 3 a.m.

Tips for Waking up Early: Set your alarm just 10 minutes earlier in the beginning, then work up from there. Try to use a gentle tone instead of

something shrill that jars you awake. If you typically hit the snooze button, set several alarms that all go off within a minute of each other and move your phone away from your bed. Also, make sure that you have something to look forward to when you get out of bed. This can be a hot shower, a cup of coffee or tea, a good book, or anything else that makes you want to be awake.

Exercise Your Mind as well as Your Body

You already know how important exercise is, so you probably don't need to be reminded that regularly working out is an important habit. Despite that, what about your mind? Doesn't it need exercise, too?

Technology, for all its wonders and benefits, has contributed to our rather mindless society. To relax, we stare at the screens of our phones, computers, TVs, tablets—you name it. While some of the content we're absorbing can be instructive (thank you, Netflix documentaries), most of it doesn't productively engage our mind. However, instead of turning televisions and cell phones into evil creations that should be avoided and unplugged, try to think of them as tools that have a time and place. Rather than making a habit based on a negative connotation (avoiding TV altogether, deleting every game on your phone, etc.), establish one that offers you a positive benefit.

Tips for Exercising Your Mind: Buy a book on a topic that you're interested in but don't know a lot about. Set aside 30 minutes a day to read a bit of it. Alternatively, you can choose a book that applies to your career.

You can also learn a language. Many of us try and fail to learn multiple languages throughout our life, so this is a right choice if you want to work on building a habit. In many career fields nowadays, knowing more than your native language is a huge plus.

The main point of these examples is that they engage your brain while also offering benefits besides looking away from the screen for a short time. It's not enough to say that you'll stop doing something like watching TV; you have to come up with an alternative that can offer measurable benefits. Reading improves your vocabulary, while learning languages helps with memory and speech. If neither of these suggestions appeal to you, come up with something else that's good for your brain and benefits your life.

Stop Complaining

Does your CEO whine about profits? What Olympic athlete moans about having to train early in the morning? How many successful people do you hear complaining? None.

When you're mentally tough, you know that whining is a waste of time. It doesn't help you get ahead, contribute to a success-focused mindset, or make others want to be around you. All complaining does is turn a less-than-ideal situation into a pit of despair for you to wallow in. It amplifies the problem, so instead of looking for a solution, you'll be looking for a vodka bottle.

It is true that what you think about gets projected into your life. When you're focused on how bad things are, that's all you'll see. Complaining and complacency sound similar because they are. If you have time to complain, you have time to find a solution—but you're not. It's far easier to whine and moan than to face the situation head on. Still, mental toughness isn't about doing what's comfortable.

Tips for Complaining Less: Believe it or not, complaining is a habit on its own. You've become accustomed to thinking negatively whenever anything goes wrong, and that has to change. Start slowly with this because changing the way you think isn't easy. When you catch yourself complaining, either in your head or out loud, stop. Immediately. Even if you're in the middle of a sentence and the other person is looking at you funny. This is the first step: stop at once.

Chapter 10: Self-Image

When you are trying to change the way you see yourself, you need to find out what your self-image is at the moment. Is your self-image positive or is it negative? Keep in mind that there are three types of self-images:

- How you see yourself
- How other people see you
- And how you see yourself based on the opinions of others

The level of confidence that you have in yourself is a huge part of your self-image. With a positive self-image, life will become easier for you. When you start to view yourself positively rather than negatively, and you create a positive attitude towards yourself, people will begin to see you and treat you differently.

To improve your self-image, consider following the steps listed below:

Don't be critical of yourself. Learn to quiet the inner voices that lead to negative thoughts. Don't criticize yourself; it is not helpful. People in the world will criticize you, so don't allow yourself that task.

Smile at your reflection. Greet yourself with a smile instead of a frown when you look in a mirror or catch your reflection somewhere. By doing this, you are showing yourself that you are worthy of positive energy. A smile makes a world of difference!

Every night, make a list of five things that you enjoy about yourself. This list does not need to be elaborated, but it is essential. By making a list of what you like about yourself, you are giving yourself the gift of highlighting the areas of you that are phenomenal! The key to the list is not to be repetitive.

Make sure you get your rest. Have you noticed that you are prone to negative moods when you are tired or poorly rested? Getting a good night's sleep is essential to our moods and our body.

Take care of your appearance. When we look beautiful, we feel better about ourselves. Make sure to put to look your best: whatever that looks like to you. You will feel better about yourself, trust me!

Pursue your interests. When you do something that you are passionate about, you feel better about yourself. The good feelings allow you to take pleasure in the activity and the way that you feel while pursuing it.

Be who you are and embrace your quirks and your idiosyncrasies. Normal is not something you should strive to be. The person who lives in your body is who you need to be. Embrace each one of your slightly odd quirks, the areas of you that make you who you are. Don't hide them, but rather embrace them! Be yourself, and you will feel better about yourself!

Identify the good traits that you have and the bad traits. By taking a look at what you consider your good qualities and your bad qualities, you are not promoting a critical attitude. On the contrary, instead, you are having an honest look at how you view yourself. Looking at the different traits that you have allows you to look for chances to grow as an individual.

Have fun and enjoy yourself. The best way to promote a good self-image is to go out and have fun! Learn to enjoy yourself alone and with friends. Doing this will help you to experience other people positively, and allows other people to experience the fun part of you!

How to Build Your Self-Confidence

To protect your self-confidence, you need to build upon what you already have because if you don't, the world will shatter it. Only you can change the way you are viewed both by yourself and by others. To do that, consider following the steps listed below:

Use visualization to see yourself the way you want to be. Visualizing the way that you want yourself and your life to be will give you something to strive for. Setting goals after you visualize the way life should be is another critical step in building your self-confidence.

Use affirmations. We know that words are powerful, right? Affirmations are words that pack a powerful punch and, at the same time, allow you to reframe the way you see yourself. Practicing affirmations in the morning and evening is essential when building your self-confidence. You may feel silly at first, but stick with it!

Each day, try something that scares you. Don't worry, you don't have to battle your phobias. An excellent place to start, though, would be by saying hello to someone new. Do something that will get you out of your comfort zone slightly.

Analyze the criticism that you give yourself. Every time you allow a critical thought to take hold, you are damaging your self-confidence. A good practice is to challenge and analyze each critical thought that

crosses your mind. Determine if it is worth the time, or if it can be discarded and forgotten. More often than not, it will be discarded and forgotten.

Try making requests that will automatically get rejected. The purpose of this is to desensitize you to rejection. Ask people for things that you know will get rejected. When you desensitize yourself to rejection, it then loses the power of making you fearful.

Put yourself in a winning situation over and over again. Create opportunities to make you successful. Small ones or large ones, it doesn't matter. Make yourself a winner to see yourself as a winner!

Be helpful to someone else. Find someone to help, and then help them. Building self-confidence includes nurturing how you can help and be beneficial to others. By helping someone else, you are fostering the notion that you have gifts to give and share with the world. Your self-confidence will increase as you put yourself out there.

Practice self-care. Taking care of yourself is crucial, and it should not be put off. Making time to ensure that you are at your optimal is essential. When you acknowledge and make yourself a priority, you are then making others see you that way as well.

Have healthy personal boundaries, and enforce them. Only you can decide what you will tolerate and what you will not tolerate. Set your boundaries, and do not allow others to encroach upon them. When you value yourself by setting boundaries, other people will respect this.

Understand that you are equal to others. One of the best actions you can take for yourself is to understand that you are not less than someone else. Understand that you are equal to others.

Learn about yourself, and build your self-awareness. Find out who you are. Self-help, remember, brings about self-awareness. Find out who you are, what you like, what you don't like, and how you can change to make yourself better.

Act positively. When you exude positivity, you attract positivity. Try each day to act positively to bring about positivity in your life and to others lives as well.

Be prepared. Nothing shatters your confidence faster than not being ready for a turn of events. Make sure that you are preparing for the bad and the good. Preparation is one of the best traits of an introvert, so use it to your advantage!

Understand your values and principles. Shape your life around them. Make your life reflective of your values and principles. When you do this, and you live what you believe, people can see who you are. Embrace that!

Practice and study to become more competent. Competence exudes confidence. When you make it a point to learn, you are making yourself better.

Change a small habit. When you find a habit, a small habit, that is frustrating to you, try to change it. When you are successful at making a change, you can see yourself being successful in other areas of your life as well. This increases your confidence in the abilities that you have within you.

Look for solutions, and don't focus on the problems. Problems are a negative focus. By focusing on the solutions, you are looking at the bright side and figuring out how to change something wrong into something useful.

Practice gratitude. Focusing on the good things in life will help you reframe your thoughts and help you let go of the negativity.

Exercise as this will increase a positive mood. Science has proven that exercise promotes happy chemistry in our brains. It makes sense that, to avoid negativity, you should exercise. Reap the benefits of the chemistry of our bodies!

Understand that being knowledgeable gives you power. Putting yourself in the position of being in the know gives you power. You position yourself as an expert, and this allows you to improve your level of confidence positively. By displaying your knowledge, you are also allowing others to view you in a positive light.

Finish a procrastinated project. Success improves how we view ourselves. Finishing something that you have been putting off allows you to reap the benefits of success.

Remove things from your life that you have been tolerating. Tolerating poor behavior, mistreatment, and negative relationships can take a toll on our self-confidence. The negativity that this type of behavior exudes compromises how we view ourselves. Stop tolerating these things and see your confidence return. You deserve better, after all.

Celebrate your wins, whether they are big or small. Reward and celebrate the accomplishments that you have made. There is no

difference if the wins are big or small; they are still great! Celebrate!

Accept a new challenge. By accepting a new challenge, you give yourself a chance to shine. Watch your confidence soar as you shine in new limelight!

Make yourself smile daily. You should consider making yourself smile, don't wait for someone else to. When you smile, you feel happy. By feeling happy, you can build your confidence level.

Notice patterns that make you second guess yourself or overthink the situation. Stop second-guessing yourself. Make sure that you are feeling confident in your decisions and actions. When you doubt, notice the patterns and strive to eliminate those patterns.

Make a list of things that make you feel good. Focus on the good that you do. Don't dwell on the missteps or mix-ups. Look at what you do well, and exploit those qualities.

Be yourself and stop trying to please others. Once you find yourself, you need to stop pretending to be someone else. How can you be confident in someone who is always bending and changing to please others? Boldly embrace who you are and what you have to offer.

Identify and deal with the thoughts that you have when you think you are not good enough. Do not let yourself or others make you feel unworthy. You are good enough. Recite that every day if you need to, or until you embrace it. "You. Are. Good. Enough."

Be mindful and forget autopilot. Pay attention and embrace life! As you go about living, take time to be mindful and make each day the best it can be.

Control your inner voice. This one is important. Work towards affirmations and watch the negativity lessen. Our inner voices control how we view ourselves. Control your inner voice and feel yourself become more confident.

Laugh at yourself. We all make mistakes and goof-ups! Learn to laugh at them! When you stop taking them seriously, they lose their control over you.

Understand your doubts and find ways to override them. What do you doubt about yourself the most? Allow yourself to understand the doubts you have, but also don't let them stop you.

Chapter 11: How Habits are formed by Anticipating Gratification on the Signal

It is simple to see, really. Our fate is decided by our actions; habits represent our favorite actions. So, we are what our habits are. There is barely any task that we do that doesn't incorporate a bit of the habit logic. Our brain would be overloaded otherwise. Let us look at the different classes of habits.

Broadly, there are three main classes of habits. The first class comprises the day-to-day habits that keep our lives running smoothly such as taking our bath, driving, eating, and going to work. They are not harmful and are essential for us to get along well. The second class of habits is positive habits. Granted, they often require a bit more effort than the first class, but then, they provide you great benefits when kept up for some time. Such habits may include being punctual in school always, reading wide to accrue knowledge or having a functional saving and money-management plan. The last class of habits is negative habits, which are destructive, harmful, and self-limiting habits that slow down our progress. These are the ones we must work upon to limit their impacts.

In their way, every single one of these habits is powerful and has the power to shape our lives, for good or for evil. Forget the opportunities you are going to get for a moment; they aren't as important as what you do with them, and what you do with them is going to be determined by your habits. If you have good habits, you will find it easier to turn your opportunities into success. If you have negative habits like delaying your actions, you will find it extra hard to turn these opportunities into gold.

Even the obstacles and setbacks we all are going to face aren't nearly as significant as the way we approach them. Some people are quitters; others are battlers who face their troubles and dispel them. Which of these groups is more likely to overcome any setback they face? Your habits are that powerful. They determine what sort of individual and character profile you are going to have. They have the final say on what you should be called; a happy man, an angry individual, a success, a chronic failure, a quitter or an achiever? We simply cannot become anything aside from our habits. The average sum of your habits is going to represent you, in your absence and presence. They are going to determine the way you talk, walk, read, do business, or communicate with people.

Bill Gates is famous all over the world for his habit of smiling at all times. That has helped him, aside from his wealth, to cultivate an image of a confident, assured entrepreneur. Cristiano Ronaldo, the superstar footballer, was talented at an early age. Still, many more talented young footballers have failed to arrive at superstardom. How did he make it? Teammates and coaches have attributed his success to his ability of consistently practicing more than anybody else. Day after day, he practiced and practiced until he was the best he could be. Jack Dorsey, the co-founder of Twitter, wakes up early at 5:30 am each day, meditates for thirty minutes, and follows that up with a six-mile jog. That leaves him feeling fit, fresh, and energized by the time he needs to make business and work decisions. Such is the power of habits. Almost every successful person has his own unique set of conscious, developed habits that have aided their rise to the top.

Very importantly too, most habits last for long. For instance, if you write off your neighbor on a desk at school, the chances are higher that you will eventually grow up illiterate and bitter, and you will not be able to have a decent income. If you make smoking a habit, you can expect to fall sick due to the smoke on in life and probably have feeble health as a result of this habit. If you possess a chronic gambling habit, financial stability will be far from you. If, on the other hand, you take each night to plan the next day; you are bound to have smoother, well-coordinated days. If you read well and wide, you will be better informed and enlightened than someone who spends most of their time in front of a television watching soap operas.

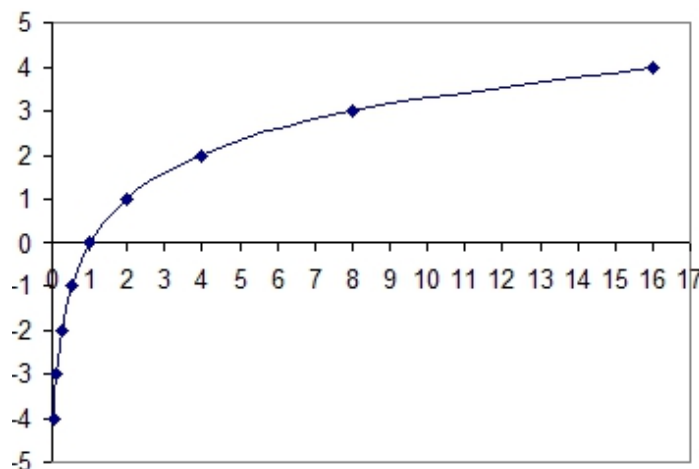
The almost permanent nature of habits makes it almost impossible to discontinue them. A vast majority of the habits you have today were picked up from a much younger age. Think back to your high school days and the friends you kept. Now, look at those friends you still have around from then, and you will find out that they all still retain vestiges of their character and habits from back then. The guy who always studied hard then may still be that same suave, composed, and thoughtful friend today.

Therefore, dear reader, if you are young, you need to work out habits that will make your life better in the long run. If you are an adult, it is time to look around your formed habits and decide which ones are positive and should be kept and which are negative that should be replaced.

Chapter 12: Find the Key Habit That Reprograms You According to Weber and Fechner's Principle of Minimum Stimulus Law

The law establishes the proportionality of the response, not to the stimulus but the logarithm of the stimulus.

As long as I apply significant stimuli the Response will first be proportional and then smaller and smaller. When I apply the threshold stimulus S_0 the response is 0. Things get interesting when I apply Stimuli with a value between zero and the Threshold Stimulus value. In these cases, I will have tremendous responses, proportional to the logarithm of S/S_0 , facing inwards and tending to infinity.



The area in which we must work to create the critical habit is therefore the one with S_0 values (= 1 in the graphic example), where small Stimulus, which we can identify as actions, corresponds to Reactions (change) of considerable value and inward facing. This is useful for the living organism to modify itself internally. The smaller the stimulus between 0 and S_0 the more prominent the reaction.

Give some examples:

Example 1: Imagine this situation.

A patient goes to the doctor for a visit. The doctor makes him sit on the couch to check his reflexes.

With the orthopedic hammer, he gives a first light blow to the patient's knee, who, under normal health conditions, reacts by raising his leg, i.e. with a reaction towards the outside.

Afterwards, a slightly stronger blow and the patient reacts faster.

Finally, from a powerful blow and the patient breaks his knee (do not try at home, believe me on trust) with an immediate reaction equal to 0.

If instead he applied a very small (minimum) Stimulus, with a value between 0 and S_0 , the Response would be of a great motion value, tending to infinity, without the patient raising the knee, but facing the inside of the knee. That is, the organism tends to give a response inside the knee.

It is not a case if therapies in which minimal stimuli are applied, such as Tens current, acupuncture, acupuncture, therapeutics, topical drugs, i.e. directed explicitly on the part to be treated, are recognized by conventional medicine as therapies indicated for countless pathologies.

This fascinating principle of physics has many implications that are part of in-depth studies dealt with in other publications.

Our lives are filled with habits. Many of these habits are subconscious and happen without us thinking about them. They can help us in our daily lives, such as waking at the same time each day, while others are conscious - brushing our teeth or walking the dog, for instance.

Habits are created when we learn how to do something new and then follow that same behavior many times thereafter. Driving a car is a good example, mainly if you drive a stick shift. Changing gear and braking become habitual and for the most part a subconscious act. Have you ever driven somewhere and then realized you remember nothing about the journey? I know I have.

Habits that work on a subconscious level aren't always right. Smoking and nail-biting for example can become so ingrained that we don't even realize we're doing them. Because of this, these subconscious behaviors are more challenging to break than some of the conscious ones, such as always stopping to buy a bar of chocolate on the way home from work each day or checking your social media feed every time your phone rings.

If you want to break a bad habit, the best time to do it is when you have a change of environment. This could be when you go on holiday, move house or change jobs for example. Being taken out of your familiar everyday surroundings can maximize your chances of breaking even the most ingrained subconscious habits.

Exchange is another excellent method for breaking bad habits. This simply involves swapping the bad behavior for good behavior or better habit. This could be exchanging smoking for vaping or chewing gum.

One of the biggest mistakes people make when trying to break a habit is to set themselves an unrealistic deadline. Research shows that setting deadlines has a negative effect. It is better not to set yourself a deadline at all, but instead reward yourself for success at pre-designated milestones along the way.

Similarly, when learning new habits don't expect it to happen overnight. All habit forming is about repetition many, many times. This will depend upon the habit you are trying to form and its perceived difficulty. For some people, this could take as few as 15 days while, for others, it could take a year or more. We are all different.

The good thing, however, is that all habits are breakable, no matter how long you have been doing them. One of the most important things to understand are the triggers that cause your habitual behavior. Think of it this way, every time you are triggered, you desire your habitual behavior as a reward. By understanding your triggers, you can alter the reward, making the habit more comfortable to break. The example of exchanging cigarettes for vaping or gum works well here.

Stress is one of the biggest triggers for many bad habits. There are many excellent techniques for reducing stress; mindfulness, breathing, meditation and so on. Don't forget, however, that many "rewards" have addictive substances, such as nicotine or sugar. Even habitual binge eating has a chemical reward, as it releases pleasure chemicals in your brain. The trick is to find other, better ways to get the same effect.

Enough about getting rid of those nasty old bad habits, and back to our focus on forming lots of good new ones.

Chapter 13: Because We Are Lazy

Many of us only realize how much something meant to us after we lose it or waste opportunities that could have taken us closer towards what we want. Regrets sting; frequently, the sting lasts for good. To avoid feeling remorseful, a wise move is to work on developing your self-discipline now!

Yes, working on your self-discipline also requires great stamina and patience because you will have to forego several things that may be painful too. With that mentioned, however, the pain of disciplining yourself is a lot less uncomfortable than that of remorse because the former comes with many gains.

If you discipline yourself now, your life will become smoother, more comfortable, and happier. Before we discuss how to develop warrior-like confidence, let us look at how self-discipline shapes your life positively.

Enables you to Create Positive Habits

Man is a creature of habit; if we wish to succeed in any aspect of our life, we need to build the right habits that can steer us towards the life we desire or feel we deserve.

If you are physically fit, it is because you have a habit of staying physically fit and eating healthy. If you are weak, unhealthy, and struggle with managing your weight, with all other factors overlooked, it is likely because you have unhealthy self-care/personal health habits. Habits apply to every aspect of your life including professional success, happiness, relationships, spirituality, and personal fulfillment.

To ensure you build habits that help you fulfill all your goals, you need to work towards disciplining yourself because only by disciplining yourself can you unlock the awareness to realize what is right and wrong for you so that you effectively work towards making the right choices and steering clear of the wrong ones.

Having the ability to control your emotions and temptations equips you with the invaluable ability to overpower distractions so that you can continue taking meaningful action towards your goals.

Many of us are unable to experience a higher level of self-discipline in our lives because we label ourselves as 'lazy.' When we do this, we overlook the fact that 'laziness' is a bad habit that becomes our default character trait only when we allow it to become the status quo.

To become successful, empowered and happy in life, you need to build your self-discipline so that it becomes easier to identify the habits you need to build and actively work towards teaching them in your life. Doing this automatically improves your life.

Improves your Productivity

In the absence of self-discipline, getting things done on time is a monumental struggle. When you lack self-discipline, you are more likely to waste time and engage in meaningless activities that keep you from unleashing your inner potential.

On the other hand, when you discipline yourself, you recognize important tasks on time, add them to your To-do list, and actively work towards executing them regularly to get things done on time every time. When you become someone who takes the right action at the right time, your productivity improves significantly, so do your chances of success.

Builds Sharp Focus

Sharp focus is another important trait you need to possess if you are to accomplish every goal you set. The world we live in is rich in distractions.

Perhaps you have decided to work on a task for a specific amount of time, but when you receive a “notification” on your smart device, before you realize it, you have wasted an hour scrolling down your Facebook newsfeed. Perhaps you are working on completing a critical report. Still, you find your way into your email inbox and end up wasting many hours checking and responding to emails. Your distractions lure you all the time because you lack the focus.

When you work on building your self-discipline, you can easily overpower this issue and eliminate its negative influence over your life.

Self-discipline helps bring your focus to one task, distinguish between high and low priority tasks, and work attentively on what matters. This laser focus is what ensures you work dedicatedly on your tasks and complete them on time.

Boosts your Confidence

Success openly embraces all those who believe in themselves and their capabilities. If you know you have what it takes to achieve your goals, you do not stop pursuing them in spite of all the obstacles that come glaring your way. This sense of self-esteem and self-confidence comes only after you master inner self-control. When you achieve one

milestone after another, you feel good about yourself, which helps you value and love yourself more.

Helps you Achieve Self-Mastery

Success is an ongoing process of personal development. If you wish to live a well-rounded and happy life, you need to set and achieve one goal after another because in so doing, you will keep stepping up your game. This is possible only when you achieve self-mastery, which you do by continually working on your personal development. When you are self-disciplined, you keep battling one obstacle after another, which helps you accomplish one goal after another and you become your best self.

When you gradually make these improvements in your life, every area of your life starts becoming better. Self-discipline enables you to avoid unhealthy food options and a sedentary lifestyle and instead opt for a healthier and active lifestyle.

Self-discipline also helps you understand the cause of strain in your relationships. When you understand the underlying issues straining your personal and professional relations, you can set about working on these issues, which ensures that you bring about the changes that help you manifest happy, thriving relationships.

Your self-discipline is the only force capable of compelling you to take action towards actualizing your professional and personal goals and ambitions. When you take consistent action towards your aspirations, you climb up the success ladder faster and eventually attain the wealth and abundance you have always wanted. Moreover, your ability to control your temptations helps you engage in practices that enable you to understand yourself, connect to your spiritual side and find a sense of purpose in your life.

With self-discipline, anything is possible because when you have a healthy sense of it, you know what you want and can strive to achieve it.

Chapter 14: Why We Are Procrastinators

Choosing Is Not Easy for Everyone

What causes procrastination for many people is a simple inability to choose. Choose what, though? The answer to this is simple: your priorities. Your goals. Yet as necessary as this concept is, a lot of people have a tremendously difficult time when it comes to picking their priorities and setting clear goals.

Why this is the case for many people comes down to a number of factors. We're all different, and we all have different genes, different upbringings, and come from different backgrounds. To illustrate how this difficulty in choosing can lead to procrastination, let's imagine that three friends, Adam, Bob and Carl, have all gone to a buffet restaurant for dinner. It's the biggest buffet restaurant in the city, and there are hundreds of options to choose from. Adam already knows that he's in the mood for seafood, so he heads straight to the fish and seafood counter and fills up his plate. He's back at the table in minutes, and tucks right in. Bob takes a little more time to survey what's on offer. He has a vague idea that he wants something roasted. He walks around for a while, and it takes him a good fifteen minutes to find the right combo of roasted items, but eventually he's back at the table too. Carl, however, has no idea what he wants. The vast variety of dishes on offer seems too great to comprehend. He wanders along the buffet tables, unable to make a choice. Because he has so many options, he's scared to even put one helping of a dish on his plate, in case he comes across something he'd rather have. He walks around aimlessly for well over an hour, preferring to look at every single dish and deliberate over the merits of each, and by the time he finally settles on something Adam has long since gone home, and Bob is walking out.

While a few of us are like Adam, and some are like Bob, many of us are like Carl. Presented with a seemingly infinite array of future possibilities, an enormous variety of paths we could tread, we feel overwhelmed and cannot choose. Instead, we wait for life to throw an answer our way magically, and while we wait, what do we do? Procrastinate, of course.

Making big decisions and choosing one thing when there are so many open possibilities can be extraordinarily difficult. This is why we really have to think very hard about our priorities and aligning our core values with our goals and priorities. So many of us drift through life like Carl

wandering around the buffet tables. If you've never really thought genuinely about building a life structured around your core values, your priorities, and achieving clear goals, then it can be challenging to stop yourself wasting time and procrastinating. Once you get these things sorted out, though, making choices will become easier.

The Things We Do for Instant Gratification

I've mentioned how difficult it can be to choose long-term gain over short-term pleasure, even when we understand on some level that these short-term choices are hurting us. Instant gratification is a term I've used a few times here, but what does it actually mean? Instant gratification means choosing short-term, usually immediate pleasure over an action, usually less satisfying in terms of sensory pleasure, which would benefit us in the long-term. This latter option - choosing the less desirable but healthier or more beneficial long-term option - is the opposite of instant gratification and is known as delayed gratification. Examples of instant gratification over delayed gratification would be choosing to eat a chocolate bar rather than prepare a meal of healthy vegetables, or to choose to veg out on the sofa and play video games for hours instead of working out, or to choose scrolling through your social media feeds on your phone instead of studying or reading a book.

Why are we so prone to choose instant gratification over delayed gratification, though? A large part of this is hardwired into our biology through evolution. For millions of years we survived in hostile wild environments, in which we could be killed by large predators or simply starve to death, by choosing immediate sensory pleasure. If you were a prehistoric human and you were wandering through the savannah and came across a bush heavy with ripe berries, it would have been wiser to immediately fill your belly with as many of those berries as possible, because you had no means of storing them (they would not very quickly in the heat), and you probably would have had no idea when you would next come across such a delicious treat, or any food at all for that matter.

While we no longer live in dangerous wild environments, we are still biologically the same as human beings from tens of thousands of years ago, and still possess the same instincts.

Considering how powerful these impulses are, since they are rooted in behavior that would have meant the difference between livings and dying a few thousand years ago, they can be difficult to overcome. Challenging, yes, but not impossible.

Remember, we have other very powerful instincts rooted in survival behavior, but we're able to resist those in no small degree. None of us can deny that we're occasionally sexually attracted to people other than our partner, and sometimes these urges can be powerful. Most of us are able to resist these urges, though, for to give in to them would mean the destruction of our relationships.

Why do we resist these particular urges, even when they're stiff? Because we know that acting on such impulses will hurt someone close to us. When we take this understanding - that acting on an urge for instant gratification will harm someone (ourselves) - and apply it to other areas of our lives, thinking consciously about every choice we make, we can begin to strengthen our willpower and discipline when it comes to instant gratification, and make choices more in line with the principle of delayed gratification.

“I Forgot” And “I Don’t Have Enough Time”

Every one of us has used these excuses to explain why we didn't do something extraordinary. In fact, we probably use one or both of these multiple times a day, both to make excuses to others and ourselves. Sometimes these excuses are valid; perhaps we really did have a hectic day, and we weren't able to fit that task in, or maybe we had a really big, mentally taxing project to complete that made us forget to do that one crucial thing we said we'd do.

However, these excuses are often used to cover for the fact that we did not do something out of laziness or carelessness. They are also used to cover up poor organization of one's schedule, feeling overwhelmed by the prospect of even doing minor tasks, inaction based on not really having a clear idea on how to start something, and an inability to stick with a program through to completion.

If you want to strengthen your willpower and begin to master the art of self-discipline, you need to stop using these excuses and others like them as crutches. Of course, this is easier said than done, but this does not mean it's impossible.

If you often use these types of excuses, chances are you're not perpetually lazy, inconsiderate, incapable or inept—you just haven't approached whatever task you need to complete in the right way. This is especially the case when it comes to using these excuses on ourselves, to assuage our guilty consciences at the end of the day, when we discover

that we've made no progress in terms of accomplishing our long-term goals.

We often put off working towards our goals when they seem too large, too hefty to tackle at once. It's easier to keep saying "I didn't have enough time to work on that today" than it is to take that first step up the mountain. A few days pass, then a few weeks, then a few months, and when a year has come and gone, you find that you haven't taken a single step up the mountain, and feel guilty and worthless.

This is not because the goal is insurmountable or incredibly difficult. It could be as simple a thing as losing twenty pounds of weight, learning the basics of a new language, being able to run ten miles without stopping, or learning how to play a few songs on the piano. The thing is, when you're looking at a mountain (we'll stick with the mountain metaphor), whether it's Everest or a far smaller peak in your own country, it looks very intimidating from the bottom. This is because we often interpret the process of getting up it as being a single long, arduous slog without a break.

Thus, if you make a plan to tackle your goals by breaking them down into realistic, easy to achieve steps, you'll find that you're able to stick with these plans with a great deal of consistency. This will work even better if you set aside a specific time every day in which to work on these things; do not underestimate the power of routine and a schedule.

Putting Yourself on a Leash

Most of us have probably watched a war movie or TV show in which there's a sequence on how raw recruits are trained to become highly disciplined soldiers. What you usually find in these scenes is a hard-as-nails sergeant screaming abuse at confused, unfit and uncoordinated young men who have no idea what they're doing. It seems cruel, like a form of torture, yet as the movie progresses, you see that those bumbling, doughy young men are being transformed into highly-disciplined, super-fit killing machines.

This concept has led to marketers co-opting the military "boot camp" term for fitness programs, weight-loss programs, or even to learn computer programming or a language. What lies at the core of the "boot camp" philosophy, whatever it may be applied to? The answer is discipline.

Chapter 15: Get Out of Your Comfort Zone

In its most basic form, a person's comfort zone is made up of any routine or behavioral pattern that makes him feel safe from risk, and lessens the effects of stress on the body and mind. Being within this secured space comes with a number of benefits, such as reduced anxiety and lower vulnerability towards depression and other similar mental disorders.

Several studies and psychological experiments have been conducted to explain the concept of comfort zone further.

- Being in a state of comfort allows a person to perform in a steady manner. This does not mean that the said person is necessarily doing the best he could do.
- To maximize one's performance, the person must be within a space the researchers call "optimal anxiety". Within this state, the individual would be experiencing a slightly increased level of stress.
- Researchers explained that "optimal anxiety" can be reached just by taking a step outside one's comfort zone.
- However, the researchers warned that too much stress leads to heightened levels of anxiety, which could then cause a significant drop in performance.

Subsequent studies to validate the ideas proposed by Yerkes and Dodson have been conducted over the years. Some researchers focused on determining where the lines are when it comes to challenging yourself to achieve better results versus pushing yourself too hard, thus inadvertently harming your chances of becoming successful. According to such studies, the latter reinforces the natural human instinct to seek a worry-free and relaxed state. This, in turn, makes it so hard for many people to believe the merits of leaving the comfort zone.

While personal routines can give you as a sense of stability and functionality, they can also turn your day-to-day life into a tedious and even stifling existence. Going beyond this so-called comfort zone has been the theme of many inspirational messages. And yet, a lot of people either remain frightened by the prospect of radically changing their life, or choose to ignore this idea because they aren't quite certain if the benefits would outweigh the risks of doing so. Furthermore, even if they decide to push themselves beyond their limits, it is easier said than done in most cases.

The problem with staying within your comfort zone stems from the fact that no one can be completely shielded away from the realities of the world. At some point, everyone is going to experience loss, suffering, pain, or cruelty. Since the comfort zone offers little to no opportunities for developing mental toughness, those who have not ventured beyond their limits would be forced to react to the situation without any preparation or prior experience to guide them.

For this reason alone, challenging yourself to get out of your comfort zone should be considered as an important and essential endeavor to pursue. It fosters the development of mental toughness, thereby enabling you to feel ready for just about anything that life could throw at you.

There are more reasons for you to accept this challenge. When you get out of your comfort zone, you will:

1. **Become more productive**

Feeling relatively comfortable for a long period of time can significantly reduce your productivity. On the other hand, as studies have shown, experiencing optimal anxiety can boost your productivity.

For example, without the uneasiness that comes with targets and deadlines during the holiday break, Jenny - an undergraduate who majors in Psychology - does the bare minimum to prepare for her upcoming thesis work next semester. Some days, she even fails to do anything related to it, thinking that there is still plenty of days to go before classes would resume. Her sense of ambition to learn something new and make progress with her studies dwindles with each passing day.

In comparison, Andy, who belongs to the same college, had set out a list of things to do, and a timeline of activities that would be helpful for his thesis paper on. Though his family and friends made several plans that included him during the break, he worked around those dates so he could still meet his goals in a timely manner. Pushing himself to balance his academic load while also spending time with his loved ones enabled him to come up with smarter ways to get things done.

2. **Have an easier time managing the changes and unexpected happenings in your life**

Stepping outside of your comfort zone allows you to learn how to handle uncomfortable situations and risks in an environment and timing that are within your control. To better understand this, take a look at the contrasting cases between Gary and Christa.

Gary has lived a sheltered life for most of his childhood and teenage years. As such, he has a tendency to either ignore or be oblivious to the negative happenings around him, especially if it does not directly affect him. Since he has not been prepared for the mostly inevitable life events, such as experiencing rejection at work, or losing a loved one, he feels like a fish out of water whenever he is forced to confront the harsh realities of the world.

3. Be able to think of creative solutions and courses of action

By leaving your comfort zone, you would be able to gain new experiences, develop new skills, and learn new ideas that could all be beneficial for you.

For instance, Melissa, who has recently graduated from the university, has decided to join the small business that is owned and managed by her parents. Though she is in line to take over the operations eventually, she recognizes that she has a lot of other things to learn aside from what she has gained from her time as a student.

Her parents have their own style of running the business, but Melissa has plenty of ideas on her own. Rather than a clash of ideas though, the family decided to discuss their respective thoughts and plans to reach a solid but fresh direction for their business.

At first, each member found it uncomfortable to have their ideas challenged, but as time went on, they managed to establish a constructive environment that enabled them to see old issues in a new light, and to take actions that any one of them would not have thought of without the help of the others.

Though you are highly encouraged to get out of your comfort zone, keep in mind that being in this state is neither completely good nor bad. Whether you stay or leave has its own benefits and risks. Within the comfort zone, you may regain balance and focus, as well as remain functional even without trying so hard to do so.

However, it could also hold you back from going after your goals that you wish to achieve. Stepping outside of your comfort zone would leave you more vulnerable to stress and anxiety, but being in such an environment could push you to greater heights than you might have initially expected.

It is also important to keep in mind that venturing out of your comfort zone is a delicate balancing act. Taking hesitant steps could discourage

you from pushing on due to the lack of progress, while taking things too far could lead you to suffer from burnout and exhaustion.

Breaking out of your comfort zone is more about facing your apprehensions and doubts, rather than dismissing the things that make you feel safe and secured. The latter could actually be detrimental for your overall wellbeing because, as mentioned earlier, comfort zones do serve a purpose when you need to take a step back for a moment.

To help you get started the proper way, here are the top 5 strategies that you might want to try out for yourself:

a. Create a visual diagram of your comfort zone, and everything else that lies outside of it.

Doing so would help you increase your awareness about the things that make you feel uncomfortable, scared, or anxious. To start, draw a medium-sized circle on a piece of paper or a board.

Inside the circle, write down the things that you identify as something that brings you comfort and security. Outside of the circle, write down the things you want to do yourself, but cannot due to the possibility of failing at it, or due to the risks involved.

Reflect upon the diagram you have drawn to gain a deeper understanding of your comfort zone. Furthermore, think about the reasons behind the way you have categorized the things in your diagram. As you do, you would eventually obtain more clarity about which direction you should pursue in order to leave your comfort zone, and ultimately widen the boundaries of the circle.

b. Make a detailed list of situations and activities that you wish to do but cannot due to your fears or insecurities about yourself.

For a more comprehensive list, make a list for each important aspect of your life, such as your relationship with your family and friends, your career, or your personal development. Remember to be honest with yourself to ensure the effectiveness of this strategy.

Once you have come up with the list, take some time to analyze each item that you have written down. Ask yourself some probing questions to determine the root-cause of your fears and insecurities.

By doing so, you would be able to find out what is keeping you from leaving your comfort zone. It would also help you pinpoint which aspects of your self should be handled first in order to increase your chances of being successful in the endeavor.

c. List down the things that you will gain from leaving your comfort zone.

According to experts, one of the best ways to start your journey towards any particular goal is to fully understand and commit to memory the rewards that await you. Aside from boosting your motivation, this compelling list would also help you remain focused on what truly matters, and remind you of what is at stake in case you stray away from your path.

To make this even more effective, write down this list in the first page of your journal, or post it somewhere that you frequent during the day, such as the door of your refrigerator. In this way, you can easily refer to it whenever you need to, especially when facing obstacles to your goal of stepping away from your comfort zone.

d. Familiarize yourself with feelings of discomfort.

Chapter 16: Listen and Improve Your Inner Voice

You will come across so many people in your life who have this unbeatable attitude and when they are determined that they are going to get something, they simply go and get it. To them, every day is equally important because they are always doing something productive as they have an unstoppable mind. They are also mentally strong, otherwise maintaining this attitude wouldn't have been possible. So, if you want to become like this as well, here are 13 things that you should do.

Develop the Freedom to Act on Instinct

The first step towards becoming truly unstoppable is to develop an attitude where you have complete trust in yourself. You need to be the master of the craft that you are pursuing and why shouldn't you be? You are doing it all day and you are spending hours perfecting it. This act should come to a point where you don't have to think. You will simply know what you are doing and you can act based on that. That is what is known as trusting your instincts—which feeling within which tells you what to do.

You will often find people telling you that they are successful today because they listened to their inner voice. You have to do exactly that. Listen to what your gut is telling you to do. You fail only when you think that you have already lost. Until then, you are still on the battlefield. Everything is in your mindset. If you think that this is the end of the world, it sure will be, but if you think that you can make it till the end, you will. If you are facing difficulty in following your instincts, then you need to commit yourself fully. When you do that, you'll know that you can follow your ideas through and that you can do it.

No one is born with their instincts. Everyone learns them with time and so will you. But this happens when you are pursuing something with all your interest passion. When you become that much immersed in something, your mind will not require that much effort to draw knowledge from that subject. At that time, you will find that your instincts are no longer simply that but have become informed choices and they can be made in the blink of an eye.

If you find that rules are becoming the barrier in your path, then you should also know that you need not always follow the rules if your instinct is strong. The person who made those rules did so several years

before you but if you want to be the leader now, you will be setting new rules with your instincts and that's the kind of thinking you have to develop.

● **Don't Make External Rewards Your Source of Motivation**

It definitely feels good when you have all the nice things in life, but are they enough to keep you motivated? The answer might seem to be yes as for now, but it is never about prestige, money or any other such external rewards. Are you doing what you are doing for money or for gaining more power at the workplace? If the answer is yes, then your motivation level is sub-optimal. Whenever your motivation is based on something like this which is not really something that interests you or is a passion to you or it is based on feeling imposed, then your motivation will not last long.

You will never have the vitality or energy to accomplish your goals until and unless you do it because you love it. According to research, people might end up reaching their goals even with suboptimal motivation, but in such cases, they cannot usually keep up with the effort in the long-term. When you are pushing your limits without having any healthy dose of motivation, you will not only be lagging behind but also face mental health issues. You will start procrastinating and getting out of bed every morning will start seeming like a very difficult task.

If you see someone who joins the gym, you will find that they visited the gym with so much enthusiasm on the first day. On the second day, their body will be sore but they still might be visiting although half-heartedly. And after that, irregularity will dawn and one day they will stop going to the gym totally. This is a very common story and this is exactly what happens in case of suboptimal motivation. If your only source of motivation is that you are going to shed some belly fat or gain those abs, then that motivation is not going to sustain you when your hands and legs turn sore. You need to be truly willing from the inside to hit the gym.

When you enjoy doing something intrinsically, it will never feel like you are putting any extra effort to do it. It will seem easy to you. You cannot rely on external sources of motivation forever. You will have to fall in love with the task itself to do it long-term.

● **Never Be Satisfied but Be Grateful**

You can easily ward off any unhappy feelings when you are grateful. But not being satisfied will help you push your limits and be unstoppable.

When you are not satisfied, it means that it is not about the goal to you. Rather it is about the journey and the climb to reach that goal and all those things you learn along the way. The climb will open your eyes as to how much you can actually push yourself.

But even if you are showing this behavior, you need to stay grateful and humble because that is what will keep you grounded. Moreover, if you are able to hold on to this attitude, you will never get lazy or complacent. If you linger too much in your moment of success, you will become stagnant. So, you need to think about the next stop—the next goal. This is how you will keep walking towards better things with an unbeatable attitude.

But while you are doing all of this, you also have to be in control. Remember how I told you to act on your instinct. Well, that is exactly what you are going to do but never mistake it for impulse. Impulse and instinct are two completely different things.

● **Live Life on Your Own Terms**

Never let society tell you what you should do or how you should do it. It is your decision and you should live life on our own terms. Build the confidence and self-respect you need to do what your heart is telling you to do. If you feel that there is something about your life that you don't feel to be right, then it is time that you take matters into your own hands and change it. People often think that the grass is greener on the other side. But in reality, someone from the other side of the fence will think that the grass is greener on your side. So, in short, the grass is green on both sides and you just have to realize it.

You also need to stay away from any of the toxic people that come into your life. Yes, they will try to point out mistakes and they will also try to make you unhappy but if you don't pay heed to what they say, you will not be affected by them as well. So, whenever you notice these negative people in your surroundings, you'll know that it is time for you to ditch them for your own good.

Also, you should never be holding yourself back. People do that for a variety of reasons. Sometimes they do it because they fear failure whereas sometimes they fear that others will judge them harshly. Whatever your fears are, you need to face them because they will only hold you back and do nothing else. When you are in a position that is difficult, you need to analyze it carefully and then act. Don't hold

yourself back because if you do, only you will be the loser. Others will move past you and excel in life but you will remain where you are.

No matter what storm comes your way, you need to be confident about the fact that you can weather it. After all, you have made it this far, so why not more? When you start making decisions for your own good, you will feel good and you will truly start doing everything on your own terms without depending on others.

● **Don't Let Off the Pressure**

It is true that some people don't perform well when they are under pressure, but in some moments; the pressure is what keeps you going. Most people in this world can function when they are exposed to small doses of pressure, but in the end, even they tend to relax by letting off the pressure. So, if you think you are truly passionate and unstoppable, you should be able to handle that pressure effectively without letting it hurt yourself. It will keep you active and alert, but only if you let it to.

For this, you need to change your mindset. You cannot view pressure as something that is threatening. You need to see it as a fun challenge. Whenever you see a threat, your self-confidence will be undermined and you cannot let that happen. It can even lead to impulsive behavior. But if you try and shift your thoughts and see the pressure as a challenge, you will be doing way better. See the pressure-situation as an opportunity to push your limits and grow. Also, stop worrying about the outcome. You need to put all your focus on the task that you are currently doing.

When all your concentration is on doing great in the task and not wasting time thinking about the outcome, you will only be seeing the steps in front of you which serve as micro-goals. For example, consider a student who is writing his/her paper. If he/she concentrated fully on coming up with a stellar research, the paper will definitely turn out to be good but if the student wastes time thinking about what grades he/she is going to get, then all of that energy will be wasted for nothing.

You can also practice what-if situations. You can imagine the worst possible scenario that can happen and this, in turn, will help you prepare for the worst. So, even if the unexpected thing does happen, you will be ready to face it. So, in the hard times, you will not be losing your composure and you will have a contingency plan ready in your mind. Also, the task will not be compromised and you will be able to continue it with the best of your abilities.

When you will feel the pressure rising, there are certain things that might happen in such a situation. Anxiety can be one of them, but you won't be able to control it. So, stop focusing on it. If you focus on something that you cannot control, the pressure will automatically get intensified. Focus on all those factors in front of you that you can control. You also need to believe in the good things and trust in yourself that you can bring a successful outcome. A person's strong sense of belief can take them to impossible places. When you act on confidence, all those feelings of fear and anxiety will be stripped off.

Chapter 17: Search Your Purpose

The Right Goals

Before setting goals, it's important to know what the right goals are. For one, you must be able to differentiate between goals and fantasies or daydreams. Daydreaming and/or fantasizing aren't just shallow and unsystematic but can also be counterproductive in terms of succeeding in life. On the other hand, the right kinds of goals can help you register continuous improvements in the quality of your life. These improvements include upward career mobility in both traditional and unconventional careers.

Another thing to consider when figuring out whether the goals you're setting are the right ones are your life purpose and passion. Goals that aren't in line with any or both of these two things aren't worth pursuing. This is because accomplishing them won't provide any real sense of satisfaction and worthwhile accomplishments. Pursuing goals that aren't in line with your life purpose and passions will just render your efforts futile. And given your very limited time, energy and resources, you should choose the right kinds of goals.

You must also be able to distinguish between goals and desires. Why? Your ability to do so will determine how successful and satisfied you can be in life. How do you determine which of your "goals" are actually goals and which are merely desires?

Goals should be things that you have a great deal of or complete control over. Desires are the things you want to accomplish, acquire, or experience that are greatly or completely dependent on the cooperation of other people, events, or circumstances. For example, let's say you want to become an actor in Hollywood. Your goals might consist of you auditioning across the world, attending acting workshops, starting off in television, and then working your way into films. Your desires would be to work with Robert Downing Jr., Kevin Hart, Julia Roberts, or any other great actor in the industry. You'd feel a great degree of satisfaction from working with these people, but it is not necessary to achieve your true goal. Furthermore, reaching top level status, building a raving fan base, and a pinch of luck would probably be the necessary potion to fulfill that desire. These desires are out of your control compared to the actions set in the goal to creation. Why's it important that you properly classify the things you want to accomplish, acquire or experience as goals or desires?

If you set a desire as a goal, your chances of being able to accomplish them are at best, low. Why? It's because accomplishing, acquiring, or experiencing them are largely dependent on other people, events, and circumstances. When others aren't able to do their part or if events and circumstances don't turn your way, you won't accomplish your goal. If most or all of your goals are like this, you'll have a very low success rate with your life goals. With more failures than successes, it will be very hard to stay motivated in life. You might just lose hope.

If the goals you set are mostly - if not completely - within your control, your success rate will be much higher. Why? Because your success doesn't have to be dependent on other people's ability or willingness to act, circumstances, and events. The only hindrance to your ability to accomplish your goals will be yourself. There's no one else to blame. There's no one else to take credit. It's just you... making things happen.

So, what about desires then? Does this mean you should just leave them completely to chance, fate, or the God that you worship? No, it doesn't mean that. What it means is that you should focus your energy, time, and resources on goals instead of desires. In fact, goals are the means by which you can significantly improve your chances of acquiring, accomplishing, or experiencing those, which you desire. In other words, you can use your desires as the bases for setting your goals, i.e., your goal-setting map.

I know it can sound a bit too philosophical so allow me to use another example for a clearer understanding. Let's say you want to earn at least \$10,000 monthly so you can provide for your family's needs and more. Being able to earn \$10,000 every month isn't something you have complete control over. If you're an entrepreneur, it will be highly dependent on the cooperation of customers or clients. If you're an employee, getting a substantial raise will be entirely dependent on your bosses. If you're a blogger, vlogger, or self-publishing author, it will be entirely dependent on your audience's patronage. Hence, you should classify this as a desire.

Now that you know what you want, you can set and pursue goals that will either enable you to get what you desire or substantially raise your chances of being able to do so. Examples of the "right" goals that will enable you to get what you desire may include:

- Writing a kick-ass, bestseller-material e-book and sell it on Amazon's Kindle Store (self-publishing author);

- Creating engaging written or visual content on a weekly basis for either a blog or a vlog and publishing them regularly (blogger or vlogger);
- Exceeding your monthly production quota at the office so that your bosses will see that you deserve to be promoted and paid much more (employee); and
- Reach out to at least 3 customers every week to get product or service feedback that can be used to improve your business' products and services even more. By doing so, you can ensure superior services or products that customers will prefer over your competitors (entrepreneur).

Take note: the examples above are things you have a great deal of or perfect control over. As such, your chances of accomplishing them are very, very high. And when you're able to successfully accomplish them, you can substantially increase your chances of getting what you desire. And in this case, it's earning at least \$10,000 monthly.

How to Set Clear Goals that You Actually Achieve

So how do you go about setting clear goals that motivate you and enable you to achieve your goals? Just follow the steps covered below.

Step 1: Start by visualizing what you want to achieve

The first step that you need to take is that of forming a mental picture of what you want to achieve in life. You cannot achieve anything unless you first see it in your mind. Any great achievement by someone else started as a mere thought. And that is why you need to start there.

Many times than not, this is always the hardest part. For many people, knowing what they want in life can be a tough question to answer. So, it helps to give yourself as much time as you need so that you can come up with an accurate assessment.

A good starting point would be asking yourself a question like, "What do I want to offer the world, the community or my family." You could also try, "How do I want to grow?"

It doesn't matter if you come up with broad and vague answers at this point. Long-term as well as short-term goals are just as good. You can redefine them.

Step 2: Redefine your goals: Ensure they are specific

Being very specific about your goals makes you push yourself to achieve them as opposed to those that are general and vague.

As an example, let us look at a goal like, “I want to be rich.” Wait a minute, exactly how rich do you want to become? This goal is very general and non-specific. The very nature of this goal gives you no motivation to set out and achieve it. Look at a modified version that says, “I want to make one million dollars.” This one is more objectified and specific. You are more likely to act on this one than the first. Moreover, you need to know why you want your specified amount. Wanting one million dollars is cool, but for what? It sounds nice to be a millionaire, but it may far exceed the necessary wealth required to live life the way you truly desire. Find out the specifics of your desires and how much they cost to find the total sum of your true goal. Write these rewards down and keep them in very close visual proximity to your goals.

Take the same approach to every goal that is on your list. Revise the list and come up with an entirely new list that contains goals that are specific.

Step 3: Ensure that the goals are measurable

What does it mean to set measurable goals? This simply means that you should be able to tell when you have achieved your goals. If we go back to our example of setting out to becoming rich, you will see that the goal itself is not measurable. At what point will you be able to tell that you have attained your goal? It helps to know the destination of your journey.

The more refined version of making a million dollars is measurable. All you have to do to be certain that you have attained this goal is a look at your bank balance. So, go over to your list and try to ask yourself, “At what point will I be certain that this goal has been achieved?” Write the answer below the goal.

It also helps to set small checkpoints, otherwise known as milestones, along the way so that you can check your progress, especially when it comes to long-term goals. Therefore, in the case of the one million dollars, you can have milestones/short-term goals of making 100,000, 250,000, 500,000, 750,000 and then 1,000,000.

Step 4: Set attainable goals

Next, make sure that your goals look and seem achievable from a realistic point of view. First, assess the position that you currently are in life. It does you no good to set a goal that seems too far-fetched. Sure, ambition is a great thing, but being over-ambitious is just as bad. If you take this approach, you may end up feeling down and disappointed for not achieving your goals, and this can be a great setback.

For instance, setting a goal of earning a million dollars when you are earning a minimum wage seems very unrealistic. It may help to set a goal of earning maybe ten, perhaps fifty thousand, and then work your way up from there. Accomplishing smaller goals first is the key to success as momentum is the most powerful asset you can have. Why do you think artists like Drake or actors like Dwayne “The Rock” Johnson are ALWAYS working on one project after another? Why do you think one-hit wonders are so common in today’s entertainment industry? It’s very simple. One person understood that you have to keep going when you reach success in order to keep it whereas the other thought they “made it” after going viral, but actually lost everything after a few months.

Step 5: Attach a time limit to your goals

Finally, make sure you attach a time limit to every goal. Whether your goal is a short-term or a long-term one, no goal is supposed to take forever. Setting a time limit gives you a sense of urgency, which helps you stay disciplined and work towards achieving your goals. So make sure you assign a realistic time limit to every goal.

Chapter 18: Focus Only On the Important Things

Imagine having the most beautiful car on earth without knowing your destination. Where will you go? You have got everything it takes to be successful—the skills, tools, abilities, and attitude. Yet, you do not know your final destination. How are you going to get there? What use are a map and a car if we don't know our final destination? Goals give us direction. They help us determine our destination so that we know where we are headed and what it will take us to reach there. We know what we want to accomplish in life and can gradually take steps in the right direction. Goals are the targets that keep us on course even when the going gets tough. Without goals, you are aiming in the dark, hoping that it hits the bull's eye. When we fail to plan, we plan to fail. When you don't know what exactly you want to accomplish in life, you will settle for just about anything. When you don't stand for something, you will settle for anything, which is unfortunate. Goals give you a sense of purpose and direction. They give you a roadmap on which you can embark to lead a successful, abundant and glorious life. Here are some goal setting secrets that give more purpose, focus, and directions to your actions:

Keep Your Eyes Fixated on the Larger Picture

If you are employed in an organization, and simply concerned about getting to work each morning, finishing your work and returning home, you are not positioning yourself for success.

Do you know the company's corporate strategy? Do you know the company's vision or revenue generation model? How about its long-term profit generation and expansion strategy? Avoid being married to short-term goals or keep a myopic vision. Always stay fixated on the larger picture where goal setting is concerned.

While setting work goals, keep a keen eye on the larger picture or vision. What do you wish to accomplish from the venture? Why are you doing this? Combining strategy, long-term goals, and planning are vital to achieving success. What do we need to do to keep our employees satisfied, productive and happy? What exactly can you do to keep your customers happy?

What is your top goal in life? A majority of people seek to be financially free for living a happy, rewarding and fulfilling life. Financial freedom in

its real sense is about possessing all the time and all the money to enjoy it. While some people have all the time in the world but no money to enjoy their free time, others have all the money but no time to enjoy their money. True financial freedom is about both - the time to enjoy your money and the money to enjoy your free time. Is it your financial goal to achieve financial freedom—or do you want to achieve something else?

Some youngsters want to retire at 35 and travel around the world. This pushes them to toil hard, give it everything and save enough money to fulfill their dreams.

Keep an eye on the larger picture. This will give you more focus, clarity, and energy when it comes to working on the goals. It will push you to be more self-disciplined, action-oriented, and dedicated to your work.

The larger vision includes both - what has happened and what the future looks like. Use your innovation and go deep into building the larger picture.

Here are some techniques to build your big picture:

Free writing, brainstorming, thinking, sketching, and drawing

If someone awarded me a dollar each time my thought wandered, I'd be a billionaire by now. However, some of the most resourceful and inventive insights occur to us when we think freely. Dip into your creativity to work out your goals and the larger picture. Ideas are never right or wrong, good or bad and correct or incorrect. Don't evaluate your ideas or obsess about them being too unrealistic or impractical. Carry a notebook or phone wherever you go to list down all interesting things you observe and witness around you. It will expand your vision and feed your mind with more ideas.

Write down ideas as they dawn upon you or as you observe them. It can be while driving, jogging, watching television, spotting a street sign, showering, watering your plants in the backyard, and so on. Ideas can dawn upon you anywhere. You can have your own 'Eureka' moment just about anywhere. Be prepared to record them or risk losing them. Build an atmosphere and ambiance for optimizing your creativity. Set up a personal creativity corner in your house or patio. Play soft music, and allow your free thinking process to begin. Do not worry about good or bad your ideas appear—just allow them to flow unrestricted. What do you really want to accomplish in life?

What are the various possibilities of achieving your ultimate goal in life? For example, you desire to make money by traveling around the globe. What are some ways to make this happen? What is the bigger picture of behind your goal? Do you wish to live a more adventurous, action-packed and exciting life? Do you wish to keep away from a more mechanical 9-5 job? Do you wish to build something interesting that inspires youngsters to give up their regular life in exchange for traveling around the world? You may like to sketch your ideas rather than writing them. Sketch or doodle ideas—sketch a larger goal or your bigger picture and encircle it by tinier sub-goals needed to fulfill the bigger goal or larger picture. The objective is to clarify your wants by staying fixated on the larger picture before accomplishing it to make it easier to work in the desired direction.

Breaking your larger goal into tinier sub-goals

Though your vision should be on the larger picture or purpose of a task or goal, avoid taking your vision away from the next step. The most vital step in any goal fulfillment process is the next step. Think that you are given a task of scaling the planet's tallest mountain. If you look straight at the summit, you will feel overwhelmed and intimidated. You will never believe a mountain as high as this can ever be scaled. It appears to be a super challenging task if you view the tallest summit from the base. The summit obviously appears unachievable and practically impossible to climb.

Your confidence in reaching the camp a few feet over the base will be more than the confidence of reaching the summit because the camp near the base appears way closer than the summit. Can you climb to the camp just above the base? Of course yes! You will reach it easily, quickly, and without any hassle. Once you access this camp, look at the next camp located a few feet over the present camp.

Do you believe you can reach the next summit? Again, of course, you can reach it quickly and easily. It is merely 500 feet above the existing one and isn't a big deal. Keep looking at the subsequent step every time until you access the peak. This should also be your attitude towards success, money, goals, and life mastery. Keep your vision firmly fixated on the next goal or camp instead of worrying about the final goal or mountain summit. Keeping your eyes on the next step makes it seem more doable and realistic instead of feeling daunted by the prospect of reaching a goal that seems too far away right now. When you start a business or an Instagram account, you'll tend to think about having a

million followers immediately. It will seem highly impractical and scary in the beginning. It may deter you away from your goals.

However, if you think in terms of more realistic milestones, the targets may seem more doable. You can build on one sub-goal at a time until your ultimate goal seems more realistic and attainable. In business, you don't think about huge profits immediately. Initially, the business may run on a loss, then the focus will be on breaking even, and finally, it will be about making and growing profits. Imagine how overwhelmed you will feel if you think about making large profits on the first day itself. Keep your goals big, and be fixated on the larger picture. However, while taking concrete steps to fulfill the goal, keep your eyes on the next step.

When you think about a big goal, you are likely to feel overwhelmed by the prospect of achieving it. This isn't to advocate that you should not set large, seemingly unrealistic and ambitious goals. You must know where you want to go, but keep an eye on the subsequent step to make it appear more realistic, balanced and achievable. Once we go past a camp, our confidence to access the summit soars. With every step you access or every tiny goal you achieve, your confidence in achieving the bigger goal grows.

If you have read Brian Tracy's book *Focal Point*, it refers to a strategy that if implemented can bring a considerable change in the way you perceive and approach your goals. Tracy mentions if you feel overwhelmed or intimidated by your goals, concentrate on finishing the first 10% of the task needed to meet the goal. When you complete 10% of the tasks needed to achieve a goal, you gather the momentum to go on. Once you gather momentum by starting with one-tenth of the task, there are higher chances of you completing it.

Let us say assume you desire to create an information-filled social media page with a hundred high-quality posts. Now, obviously, you cannot create all hundred posts in a day or week. However, if you make a list of all topics for the posts and write a rough idea for every social media post, you have finished 10 percent of the task. This one step will reduce the gap between you and your objectives and drive you into hustle-mode. Aspire to complete 10 percent of every task, to begin with, before planning a timeline for completing the remaining tasks.

Draw visual maps for your goals. Let us assume you have to break larger goals into smaller bits of attainable, practical tasks. How do you go about breaking bigger goals into smaller and more achievable sub-goals? I

know everyone talks about writing your goals, which seems very last decade. Yet the process is vital from the perspective of internalizing the goal. However, I have an interesting, colorful, vibrant, and modified version. Let us call it visual maps.

Chapter 19: Stay on the Road without Distractions

Distraction is the method of redirecting the consideration of a person or gather from a wanted range of center and in this manner blocking or decreasing the gathering of craved data. Distraction is caused by: the need of capacity to pay attention; lack of intrigued within the question of consideration; or the incredible concentrated, oddity or engaging quality of something other than the question of consideration. Distractions come from both outside sources, and inner sources. Outside Distractions incorporate components such as visual triggers, social intuitive, music, content messages, and phone calls. There are too inside Distractions such as starvation, weariness, sickness, stressing, and wandering off in fantasy land. Both outside and inside Distractions contribute to the impedances of focus.

In the Car

Occupied driving could be a perilous danger to street security over the world. Whereas intoxicated driving rates have been on the decrease since 1983, diverted driving has been expanding in a long time. Numerous feel this slant is due to the far-reaching predominance of cell phones. Whereas occupied driving can be ascribed to anything that occupies consideration absent from the street, it is frequently the cell phone that gets the fault for occupied driving episodes. Most of the thinks about have appeared that cell phone utilization whereas driving has striking similitudes to the impacts of drinking whereas driving; Cell phones tend to require the driver's consideration absent from the street and onto itself. With tanked driving, drivers regularly involvement the "looking but not seeing" marvels. Whereas their eyes do in fact see objects on the street, their brains don't comprehend the meaning behind the picture. All levels of Distraction whereas driving are perilous, and potential drivers are cautioned to keep mindfulness of their surroundings

In the classroom

Numerous mental thinks about appear that exchanging between errands, utilize of innovation, and overstimulation has expanded levels of Distraction within the school setting. At school, Distraction is frequently seen as a source of destitute execution and misbehavior. Distraction makes centering on particular, relegated errands more troublesome. Computerized components of learning are a developing component to

classroom Distraction. Guardians, instructors, understudies, and researchers all have suppositions approximately how innovation either benefits or hurts a students' center in a scholastic setting. School-aged understudies, with creating brains, are more able to conflicting boosts whereas attempting to center. Huge classroom sizes, innovation utilize in and exterior the classroom, and less normal jolts have been seen as contributing variables to collapsing test scores and classroom standard

In the Workplace

Multitasking might also be considered as a diversion in circumstances requiring full consideration on a single protest (e.g., sports, scholarly tests, execution). The issue of diversion within the work environment is considered in interference science. Concurring to Gloria Check, a pioneer in intrusion science, the normal information specialist switches assignments each three minutes, and, once diverted, a laborer takes about a half-hour to continue the initial task.

In Medicine

Diversion is valuable within the administration of torment and uneasiness. Dental specialists, for case may intentioned murmur an irritating tune or lock in in small conversation fair to form a redirection from the dental surgery prepare. Topical treatments containing capsaicin, give a shallow burning sensation that can quickly occupy a patient's consideration absent from the more genuine torment of joint pain or muscle strain. A comparable impact is made by oil of cloves, which produces a burning sensation on the gums, and occupies from toothache. Distraction is regularly utilized as an adapting instrument for short-term feeling control. When displayed with a repulsive reality, people regularly select to possess their consideration with a few other realities in arranging to stay in a positive mental state.

Learn to Delay Gratification

Breaking bad habits and starting with new ones require us to make decisions, and they often feel wrong because we have been wired into a pattern. The brain does its best to resist changes and leans toward what it has been programmed to perform. What is the solution to this, you ask? Go ahead even if the new habit feels wrong. Understand that it will take time for the new routine to sink in or feel correct. Keep pulling through with it, until it feels right.

It isn't your fault. Practicing self-discipline has become much harder in today's world. There are not just too many distractions to contend with

but also conflicting and brainwashing messages such as “you mustn’t do something until you strongly feel like doing it!” or “do it only if it feels good from within!”

Discipline doesn’t always feel good. You may have to push yourself, go through a taxing grind, put in extra effort, inconvenience yourself, get out of your comfort zone and much more. Prepare yourself to shatter the myth that self-discipline may not always “feel like it” or “feel good” and you should be alright with it. Even if it doesn’t feel good in the beginning, the stellar results you witness gradually will make the prospect more than worth it, and push you even harder. Eventually, when you see results, it will feel good. However, initially, carrying yourself all the way until you reach the stage where it feels good can be challenging.

Choosing to do something based on how comfortable or pleasurable it can be is absolutely disastrous for self-discipline. When was the last time that you started with an exercise regime that felt pleasurable? Yet, we all know the wonders it can do to our bodies. When was the last time eating right felt pleasurable? Yes, we all know what damage the so-called pleasurable foods can inflict on our system. Pleasure or comfort should not be equated with the overall good a disciplined habit or routine can do for us. Pulling an all-nighter for meeting a crucial deadline is hardly anybody’s idea of pleasure or comfort, yet it feels awesome when you are complimented for getting a project ready right in time. Better than that, though, is not having to pull an all-nighter, but rather practicing self-discipline to get the project done in a timely fashion.

What is keeping you back from making large, positive and constructive changes/habits in your life? What is it that is acting as a roadblock for your motivation? What is making you quit even before you have started? The answer is most likely instant gratification.

You “don’t feel like it” because it is not going to give you instant pleasure or comfort. It may take a long time, hard work and consistent efforts before you actually start seeing results. This may most likely be the thing that is holding you back - delayed gratification and results. However, delaying pleasure, gratification and comfort will only help you achieve solid long-term goals instead of short-term pleasures. Let us consider an example.

Tom takes a bus to work every day. It is a long wait sometimes for the bus and it tends to get crowded during peak hours. Tom’s co-workers and friends are all party buffs, who love working hard and partying harder.

They like to let their hair down after a stressful day at work and clink glasses at the local bar. These folks also love splurging on expensive designer wear and fashionable accessories.

However, Tom avoids these after-work outings and other indulgences. He is saving up to buy a car. Once he accumulates a decent amount of savings by avoiding unnecessary expenses, Tom goes ahead and buys a comfortable car. Commuting to work is much more convenient. He comfortably reaches work on time and can even stay up late because he doesn't have to worry about taking the bus or hitching a ride with a co-worker. Tom's productivity has improved.

Isn't life more comfortable, pleasurable and convenient for him now? What did he do to achieve this long-term pleasure and comfort? Put off short-term comfort and pleasure for a larger and more solid goal. He can go out with his friends now whenever he likes. However, delaying that short-term gratification initially is what led to his long-term pleasure and comfort. How many of us are capable of delaying instant gratification for long-term comforts? Very few. And we complain about very few people in life being successful and achieving their goals. See one of the reasons now?

So, how to do you get into the mindset of delaying immediate gratification in favor of long-term goals? How do you avoid putting off something that you "just don't feel like doing?" Here are some powerful strategies that actually work.

Create a Supportive Environment

Discard anything that frustrates your goal attainment process. Throw away magazines that promise you 30-day weight loss results or applications/programs that "guarantee" you will shed 35 pounds in 12 days. Stop subscribing to unrealistic goals that frustrate you. Even if you do witness some results, they will be short-lived and push you to do unnatural things. You do not need that mess and negativity in your life.

Subscribe to sources that encourage you to delay gratification and focus on long-term goals. Read blogs, books, and periodicals that keep the flame in you alive throughout the self-discipline journey. Boost your optimism, positivity and motivation factor by reading encouraging and inspiring articles. Do not chase the idea of creating big results in a short span of time. Instead, focus on making the results more long-term and permanent.

Read books of people who have successfully achieved what you are after. Learning about their trials and challenges will equip you to handle the roadblocks more efficiently. These inspiring people can also give you more realistic goals and timelines for the fulfillment of your goals based on their experience.

A strategy that works wonderfully for some people is to rope in an accountability partner, who helps you stay in line. It can be anyone from your best friend to your partner or a neighbor. They can constantly monitor your actions, talk to you or check in with you on how you are progressing with your goals. If you feel low on motivation, they can quickly get you back into action. They can ask you for tangible results and help you set goals. You can keep sharing your progress with them.

Having an accountability partner ensures you are answering to someone other than yourself for the progress of your goals. Being accountable for your actions to someone else makes you less prone to excuses and giving up mid-way. It also gives you a sounding board for sharing your highs and lows to motivate you even further. Don't you feel more driven to do something when your efforts are lauded? Also, aren't we all concerned about what someone else will think about us if we just dump our goals mid-way?

Chapter 20: Principles of Time Management

How to Manage Your Time Efficiently?

Why You Cannot Manage Your Time Efficiently?

Managing your time effectively is an important part of self-discipline. If you are unable to manage your time properly, you will not be able to accomplish the goals that you wish to complete in life and work. Time management is something that most people are taught in school. However, it is often not taught to them efficiently, and those that fail can contribute their failure to lack of time management. By putting pleasure above workload, you are creating an imbalance with your time management strategy. This means that you are using instant gratification as your driving force instead of long-term gratification. Those that are in balance will experience greater happiness, less stress, and more financial freedom.

Time management is the act of prioritizing the tasks that you must do in a schedule that is specific and calculated. Several mistakes are made by those that fail at time management. Each one of these mistakes is listed below with details on how it will affect your life. I have also included ways to combat these failures.

#1 Mistake: Not maintaining a list of to-dos

There are many times that I would stare off into space, and my kids would ask me what is wrong. Only for me to reply with, "I feel like I forgot something." Have you ever experienced this? If so then you will understand what I mean about the value of a well thought out to-do list. The to-do list helps to organize the day. It provides a schedule of events and a timeline of what one needs to accomplish today, this week, and this month. Without a to-do list, one would have this conversation with their kids daily. If you are experiencing moments of forgetfulness, then you should invest in the time it takes to make a to-do list.

When you do not use your to-do list to accomplish your goals, you place yourself at risk of failure as well as, disappointment. The most effective way to use a to-do list is to prioritize the things that are on your list. This can be done in several different ways.

The a-f process:

By labeling your high priority items with an A and your low priority items with an F, you can begin to categorize the tasks that you need to

do.

For instance, say you need to buy groceries, call your mom, and schedule a Dr. Appt.

You would need to label these in this order:

A = Schedule Appt

B = Call Mom

C = Buy Groceries

Bullet point to-do process:

With the bullet point process, you will have a key that will tell you what items need to be purchased, what items are to-dos, what appointments need to be scheduled, as well as attended, which items have been completed, and which items have been moved to another day.

Your key can look similar to this one:

- To show a to-do list item.
- To show an appointment that is scheduled.
- To show that something has been completed.
- To show that something has been moved to another day.

You do not have to use these symbols. You can use anything that you would like to use. I use squares for my to-dos, a line through each task to show completion, an arrow through each task to show I have moved it to another day, and a circle to show an appointment. This helps to keep track of things in a way that makes it interesting as well as, useful.

If you are dealing with simple projects you can be super vague; however, if you are dealing with a complex project, you will need to use bullet points and indentations to show the individual tasks that need to be completed for the result.

By breaking down all the things, you need to do into smaller, much simpler tasks you can have a less overwhelming time management tool. An example of this would be to write down the steps that it would take to write your first novel. However, this can seem huge. So instead, underneath this title, you will need to write down things like:

- Designate the set characters.
- Chose the location.
- Chose the book's theme.
- Decide on the plot for each character.

- Decide on the title for the book.
- Research the culture of the characters, the background, the language, the behaviors, and mannerisms.
- Build an outline that encompasses all things into it.
- Build a synopsis that will explain the storyline.

These are just a few of the steps that you would need to break down into much smaller steps. This will give you a less overwhelming and more accurate idea of what is necessary for the writing of a novel.

#2 Mistake: Personal goals have not been set

Your personal goals pertain to the goals that are specific to your needs and your desires for the future. So, what is it that you want to do in the next year? What about the next five years? You can take this even further and determine what you want to do in the next ten years. This will help you to schedule your time wisely so that you can begin to build upon your goals.

This is an essential part of managing your time and building a foundation for your future. To reach your destination, you will need to have a vision of what you want. This vision will help you to make small achievable steps to accomplish all the things that need to be done to get you to the result. This helps with management of resources as well as, priorities that are necessary for a proper SMART goal.

SMART goals are goals that are:

- Specific
- Measurable
- Accountable
- Realistic
- Trackable

By setting goals for each one of these categories, you will be able to build a foundation for discipline and goal setting that is sustainable.

#3 Mistake: Not scheduling your tasks by priority

It is extremely hard to understand prioritizing the tasks that you have in a proper and functional manner. If you are currently working on an important task, then you need to stay focused and not allow distractions to interfere with your train of thought. This means if something comes up that is not life or death, then stay focused and determined not to be sidetracked. Then when you are done, you will be able to handle the

situation that arose while working. This allows you to show priority to the things that are most important at that time.

In those moments when you find your secretary or assistant presenting you with another task to complete, you should inform them that you are in the middle of a task already and will place this one on the list in the proper prioritization category. If your children interrupt your train of thought while working on something important than simply ask them to wait their turn. This is a simple way of showing priority over a situation that seems dire but is not. False emergencies will arise throughout your day; the key is to prioritize properly so that you do not allow distractions to interfere in your workday progress. Not all things will need to be immediately started or accomplished; some things can be put off till a better time presents itself. So, consider what the most important task is and finish that before being distracted by other things that are less important.

By prioritizing the tasks that you need to do, you are learning how to manage your time efficiently. This can lead to a more concise and steadier schedule. Determining what is most important for completion within your workday is crucial to accomplishing the tasks at hand. Place those things that are most important within prominent spots on your schedule and at times that you are most alert and energized. This will ensure that you have completed the important work first and then you can tackle the other work in a systematic order.

#4 Mistake: Distractions are interfering with your focus, and you fail to manage them appropriately.

It is scientifically proven that you will lose at least 2 hours out of every day due to unwanted distractions. Consider how much time you are losing in your day and determine if you are wasting more time than you are utilizing properly. Are you distracted easily? Do you find that others interrupt your focus regularly? Is there something that you can do to avoid being distracted?

Distractions are an inevitable part of work. When you work in an environment that involves several co-workers, then you will be faced with the distractions that stem from interruptions, meetings being called, and sometimes tedious and pointless social interactions with others. These things can be avoided if you have a private office where you can close the door and limit the interaction with others. By placing a closed-door policy at your office, you are able to instill some boundaries and

guidelines that will help you to avoid distractions from others. Inform your office staff that if the door is closed, then you are not to be disturbed. This sets a precedent on when and how they can approach you for questions and complications as well as, any other distracting interactions. However, make sure that you do not keep the door closed all day since they will need your guidance throughout the day. In order for your workday to run smoothly, you will need to have the channels of communication open and running smoothly. However, setting a time of day that you need to be left alone is optimal for continued focus on your workday without distractions.

Another way to avoid distractions is to be fully in the moment. For instance, do not handle emails, and work-related stuff during dinner with the family. You also do not want to handle family-related stuff during your workday. This will place you in the right time right place mentally. Do not allow emails, IM's, phone calls, or other distracting communication to interfere in your mealtime with family. You also do not want to be interrupted when dealing with work-related times or those times that you are super focused on the task at hand. Find a balance between personal and work hours.

You need to have a proper balance and flow when it comes to your schedule. To balance your schedule, you need to determine what is most important for that day. When you are able to be 100 percent in your current task, then you will be able to provide more focus to that task which makes completion effortless. By not allowing distractions in your workday, you are allowing yourself to be focused on completing the work you are assigned promptly. By minimizing distractions, you can gain the control you need to work through the day and complete the best work that you can for that specific project.

Chapter 21: Develop the Spartan's Self-discipline

You will feel better about yourself if you learn now about creating habits that promote healthy discipline and healthy habits. It will also reduce your stress and your frustration in your lifetime, which promotes better health. Being able to exercise good habits and good discipline and be able to form them for yourself is going to take you to a level of understanding for yourself. These are skills that you might not have understood that you need and that you will be able to reach but in owning the fact that you can have these skills you're going to be able to take yourself to a better understanding and develop a stronger sense of self and of why this is important.

It has been argued over time that you don't need to be fully disciplined to be a successful person or to be completely achieving person however this should be a goal for you in your life and this is a subject of hot debate. Everybody wants to be able to achieve their goals and gain success. Everybody wants to be able to be successful so we should recognize that self-discipline is one of the best ways to do this and to increase our productivity and our habits that we have on a daily basis. If you want to get ahead in life and have your goals met, then you need to be able to be able to acknowledge that improving your habits and discipline is the way to get there.

We also need to understand how to make better habits and better choices for ourselves instead of the ones that we are choosing for ourselves now in our daily lives. Many of the most emotionally intelligent people and intelligent quotient people still have horrible habits that they need to work on for themselves, which is an interesting thing for people to consider here. There are always ways that we can improve and things that help us to be better.

Success is considered a short race but it's something, you will need to master, and this is a hot topic for debate as well. When you're studying success and discipline, you will notice that in many areas more studies need to be performed to be more accurate, but we do have information that has been shown to be conclusive.

If you are staying with them long enough, it becomes routine. Or a habit. So when you're looking at disciplined people you're seeing people who

have trained habits into their lives. In this respect, discipline is a learned skill.

Willpower is another big part of being disciplined. When it comes to willpower some believe that timing is the important. The reason behind this logic is that people believe that willpower and timing is important because when our will power runs out we revert to our default settings. This means when your willpower is dragging are you going to go grab a bag of carrots are you going to grab a bag of chips? You're most likely going to revert back into the bad habits you haven't trained yourself out of. Are you going to make healthy decisions if you haven't trained yourself out of them? As stated above when you're still trying to get out of those bad habits, it is going to be hard to try and get yourselves out of that mindset of reverting back to bad habits.

Would you be able to focus on the task at hand if your will power is low? When your most important work is done while your will power is waning that's going to define your level of achievement. The result is that your performance is going to be average, so your will power needs to have your time of day. When you think of the expression 'I wouldn't give you the time of day' what do you think of? You think of ignoring something. Flip it and reverse the meaning. Instead think of it like this. We need to give willpower the time of day.

Will power be because we think about it but because we don't think about it. Discipline and habit are the same yet different. If we're undisciplined it's not because we want to be. It is simply because we don't think about it. If success is what you're after then you should appreciate that you need to work on your willpower along with making successful habits, self-discipline and give them the time of day. Think of a phone battery. When it goes from green to red it's dead. When your will power goes from green to red it's gone. Not understanding that resolve is a resource that gets used up, you're going to fail to reserve it for the things that you need it with the most.

You need to build it back up when it's low you're going to set yourself up so that it raises it up for itself. If you have a job with nothing in the tank for you to use, you need to pay attention to your will power and respect it and make sure that you will have something in the tank for you to use. You can't do a job if you have nothing left to use. You need to do what matters most as a priority. When your willpower is at its highest you need to make sure that you're giving it the time of day deserves so that you can achieve your goals.

Contributing factors to a person's happiness are many and they abound but only a single thing is able to provide you with long lasting results in every single aspect of your life and that discipline yourself. This is why we're going to look at this first. According to studies performed on people, the people with higher self-control were proven to be happier than those without. The study discovered that these people who had this skill could handle more problems in alignment with their goals or goal conflicting as it can be called. These people also spent less time debating on whether to indulge in behaviors that were detrimental to their health and behaviors that were unhealthy for them to be behaving in for other aspects of their lives as well. They were also able to make more optimistic decisions more easily. They did not let their decisions be told to them by their feelings or their impulses and were able to make rational and informed decisions on a daily basis. They were able to do this without feeling upset or even overly stressed. This is a learned skill which means it needs a lot of work to work. You will need to keep working at it to improve your own discipline. You need to be able to understand that it's not going to happen right away, but it is possible to happen. This is going to allow to be freer and lets you make better decisions instead of just relying on your emotions which tend to be very impulsive.

The first thing that were going to do is to be looking at discipline techniques. The first thing that you're going to need to do is remove temptations. Self-control is often easiest if you're thinking if I can't see it, then I can't worry about it. Remove each of the distractions and temptations from where you are because this is an important way to start you're attempting to better yourself. If you want to better yourself with how you work, turn off your mobile device and make sure your workspace is clean. Be sure that you don't turn your cell phone back on until you're finished working. If this is something you can't do, then get a procrastination app that turns off all social media until your work is done. This is going to make sure that you're not getting distracted by things that you don't need to be distracted by. There are many self-control apps that you can get on your computer or your phone or whatever device that you're normally using to get distracted and this will help you remove temptation so you can focus.

This one may seem a little bit odd, but you need to be able to eat regularly and eat healthy as well. Studies have shown that low blood sugar impacts your decisions because your resolve is lowered. When

you're hungry you have an inability to concentrate because your brain isn't functioning at its optimal level. It also makes it difficult to concentrate on what you're working on not to mention it makes you hangry. The condition of being hangry is a condition of grumpy and pessimistic behavior while being hungry. When you enter this stage you are at a higher risk to have lower control in every area of your life.

To combat this, we need to eat during the day with healthy food and healthy snacks. This is going to make sure the sugar levels are alright, and you should be able to make better decisions. When your levels are alright it improves decision making.

Another tool that you can use for self-discipline is to be aware of is that this does not mean that you have to go super hard, boot camp, or cold turkey. You don't have to do any of that. What you do need to do is to make sure that you're giving yourself wiggle room. If you don't do this, then you are setting yourself up in most cases to fail. This results in disappointment and you falling back into old ways because you haven't given yourself any room to move and you need to understand that that won't help you. Another thing to realize is that setbacks do happen and because they happen you need that wiggle room. Failure is a part of life. It's important that you realize that it's just something that we all have to deal with and understand that it happens and there's no escaping that. This isn't being said to scare you. This is being said to help you understand and help you. You gave yourself no wiggle room and you're allowing yourself to be set up for that kind of challenge with no room to move. Doing this is most likely going to make you want to quit before you even finish or get started because you already feel like you're not doing it right when that is not the case at all. So you definitely need to understand that failure does happen but it's not forever and you don't have to let it rule you or your life. You just need to keep chugging and to keep going along. Remember it will happen so keep chugging along and you'll be able to do this.

Chapter 22: Build Your Stress-Relief

Proper stress management is a key component in your quest to develop mental toughness. By having the ability to deal with the various sources of stress and pressure in your life, you would be able to keep pursuing your goals no matter what challenges would come your way.

Being mentally tough does not mean you have to totally eliminate the stressors in your life. In fact, there is a type of stress that could be beneficial for your growth as a well-rounded and high-performing individual. To better understand the difference between positive stress and negative stress, here is a quick overview of each type:

Positive Stress

Also referred to as “eustress”, this type has the following qualities:

- Motivational, inspirational, and energizing
- Can boost one’s performance
- Typically, a result of achieving success in a challenge that has been deliberately taken

Here are some examples of stressors that normally produce this kind of effects:

- Learning a new skill
- Receiving a promotion at work
- Starting a new relationship
- Buying a property
- Taking some time off from work
- Having a child
- Negative Stress

In comparison, this type, which is also called “distress”, bears the following characteristics:

- Triggers anxiety, insecurity, fear, anger, and/or physical problems
- Detrimental to one’s performance
- Usually perceived to be outside of one’s control, regardless if this is actually true or not

Common sources of distress include:

- Getting injured, ill, or hospitalized
- Having conflicts with a family member, friend, or co-workers
- Encountering legal problems
- Grieving over the death of a loved one
- Becoming unemployed
- Experiencing abuse or neglect

Triggers of distress are not only limited to external factors. It may also originate from your -

- Fears
- Unrealistic expectations
- Obsessive thoughts
- Perfectionistic tendencies
- Worries and doubts about the future

Furthermore, some of your bad habits could also cause distress. For example:

- Procrastination
- Poor time management

Take note that labeling your experiences as either eustress or distress is mostly subjective because people react differently to similar situations. Therefore, you must not solely rely on what experts or other people say, and instead, take the time to do some reflection on your own.

Much like when you were trying to control your anger, a journal to document this and your subsequent experiences as you try to manage your stress would be helpful in the long run. To guide you in starting a good stress journal, here is an outline that you can follow:

- Probable cause of your stress
- How it made you feel physically, mentally, and emotionally
- What you did in response to the stressor
- What have you done to relieve yourself from stress

Ideally, your journal entries should be written down immediately after you have experienced stress. In this way, the details would still be fresh in your mind. To make this possible, you may consider using the note app in your phone, or download a dedicated app for tracking and managing your stress levels.

Over time, you would be able to see the patterns and common themes among your entries. From there, you may be able to form more effective plans and strategies for addressing the stressors in your life.

As you have just learned, stress of the right kind and within the optimal level can be beneficial for your development as a mentally tough person. It is an inevitable part of life, so the most that you can do is manage it well enough that you can control your reaction to it, while also changing the situation or avoiding potential situations that can be distressful to you.

Many people manage and cope with stress in unhealthy ways, usually without even noticing it. **Examples of such methods include:**

- Smoking cigarettes
- Excessive drinking of alcohol
- Eating too much or too little
- Staying away from family member, friends, or social activities
- Abusing drugs or pills
- Lashing out on others

Using any of these unhealthy coping mechanisms can not only be destructive to your general wellbeing, but it can also negatively affect your development as a mentally tough person. If you practice any of the above given methods, it is important for you to replace them immediately with healthier and more constructive means of managing stress.

Years and years of research have shown that there are various ways to do so. All of them, however, require you to change something in your life. This can be summarized in the so-called Four A's of stress management: accept, adapt, alter, or avoid. The first two involve changing the situation, while the latter two encourage a change in one's reaction to stress.

Based on these Four A's, here are five effective and doable strategies that you could do to manage stress:

Strategy #1: Strengthen yourself by following a healthier lifestyle.

Increasing your fortitude and resistance against stress begins with a healthy body. By ensuring your good health, you will be able to better handle whatever life throws your way. Below are some tips on how you can make your current lifestyle healthier:

- **Have a well-balanced diet.**

Keeping your body nourished with the essential vitamins and minerals would help you cope better with the physiological effects of stress. Whenever possible, stick to fresh foods that you can prepare and cook on your own. In that way, you would have better control over what goes into your meals, while also gaining a new skill and hobby that you can do every day.

Remember to eat your breakfast, too. This, along with the other important meals, would help you remain focused and energized throughout the day.

- **Minimize your intake of high-sugar and caffeinated beverages.**

Keeping yourself well-hydrated is important, but avoid drinking beverages that contain a lot of sugar and/or caffeine. Though such beverages can give you a quick boost, the subsequent “crash” would leave you in a worse mood and less energy.

Furthermore, drinking too much sugary beverages could result to health problems and weight gain, while caffeinated drinks could disrupt your sleeping cycle when drank a little too close to your bedtime.

- **Refrain from smoking, drinking alcohol, or using drugs.**

Coping with stress by abusing these substances may offer you a quick and easy escape, but in the long run, they would only pose greater problems for yourself. Alcohol and drugs, in particular, could keep you from facing your problems with a clear and sharp mind, thus letting your stressors remain unaddressed or unresolved.

- **Exercise your body regularly.**

According to studies, exercising for at least half an hour per day and for three days a week could relieve your body of the accumulated tension and stress from your other activities.

You do not have to get a gym membership to stay active. Doing aerobics, going jogging, or performing yoga can be done wherever you want, and for a minimal cost.

- **Get enough high-quality sleep.**

Resting your body and mind gives you the energy to deal with the challenges and stresses of the following day. Establish a good and relaxing sleeping ritual so that you can get to bed right on time, and without forcing it through the use of medication.

Strategy #2: Set aside time for relaxation and enjoyment.

Aside from taking care of your body, you must also balance your work and responsibilities with relaxing self-care activities and your personal hobbies. Doing so would keep you energized and motivated to take on the challenges of day-to-day living.

Here are some ideas to relieve the effects of stress on your body and mind:

- Go out for a walk or a hike.
- Take a long, hot bath.
- Play with your pet.
- Read a book under a comfortable blanket.
- Watch your favorite TV shows or movies.
- Catch up with the people who are close to you.

Strategy #3: Take a more proactive approach when dealing with stressful situations.

The best thing to do with something that causes you problems is to find out how you can keep it from happening again. In most cases, this involves adjusting the way you communicate and act.

For your guidance, here are some important points on how to be more proactive in your day to day life:

- **Be more open about your personal feelings.**

Rather than hiding away your emotions, especially if they are on the negative end of the spectrum, share your concerns with the concerned people in a direct but respectful manner. Otherwise, nothing about the situation will change for the better, aside from the negative feelings that would continue to fester within you.

- **Learn how to compromise.**

More often than not, asking someone to change their mind or behavior also means that you should be willing to do the same. Not every argument or problem has to have a winner or a loser. Some cases allow both parties to find a middle ground that would resolve the issues, and still be acceptable for everyone involved.

- **Become more assertive.**

Handle your problems head on. Running away from them would not give you any favor since most problems do not simply go away as time passes by.

For example, studying for an exam is quite stressful, especially for university students such as Michael. He knew for a fact that procrastinating would only lessen his opportunity to prepare for the upcoming test, but he still chose to squander away his time by trying out the newly released games using his phone.

By the time he realized that he had only a day left before the examination day, the level of stress he experienced increased even more because, at the point, he has no other choice but to cram in order to get at least a passing grade. Had he taken a more assertive approach to his studies, he would not feel rushed and panicked by the thought of taking the test without much preparation.

- **Practice proper time management.**

Much like wasting your time, stretching yourself too thinly by scheduling a lot of tasks within the day can be highly stressful, and ultimately, detrimental to your overall productivity. When you have too many things in your mind, concentrating on the important things that must be accomplished would be a lot harder to do.

Therefore, the best way to minimize your stress levels while remaining productive is by planning things ahead. Give yourself a sufficient amount of time to think about your priorities by doing it at least the night before.

Strategy #4: Change your attitude and expectations accordingly.

If there is no way for you to alter the situation or the stressor itself, focus on making some changes within you instead. You can do this by:

- **Looking at it from a more positive perspective**

Reframing a problem or the situation would give you the chance to escape from its stressful aspects. If you really cannot do anything to make things better, why not make the most out of it instead?

For example, encountering heavy traffic while you are driving home can be quite irritating or even maddening. Instead of cursing your luck, think of it as your personal alone time, where you can focus on your thoughts and the enjoyable moments of your day. Take this time to listen to your favorite music, or to catch up with the podcast station you have subscribed to.

More likely than not, you would not notice much the passing of time, and therefore keep you from stressing about your slow trek back to your home.

Chapter 23: Resect your Commitments to Others

The most crucial point is to be willing to let someone teach you something. No one will think less of you for the questions you ask when learning your skills. If you let your pride get the better of you while you're learning your craft however, you will lose the respect of others, as well as their support. You will also be cutting yourself off at the knees as regards further improvement or honing of skills.

Desire to be challenged.

Once you allow the challenging aspects of your craft to leave the area, you will lose interest. The best way to keep a muscle toned is to flex it, right? Think of your brain like the muscle it is. It needs to be worked and challenged and exercised in order to retain what it's learned its elasticity, and its ability to make things work!

Setting challenges and goals for yourself can give you things to work toward and it can keep your interest fresh! Remember that if there is no one with whom you can be in competition, you can always be in competition with your former self. There is always room for you to improve, and you should be eager to take that opportunity!

While we're on the subject of habits, there are some habits that could benefit you as someone who is looking to succeed. These are known as the habits of effective people. They are the habits that, if you keep them, they'll keep you on the right track and primed for success!

Let's take a look at those habits now.

1. Don't work yourself to death.

Striving for a sustainable lifestyle in which you can get all your work done, while still affording adequate time to take care of yourself is the most important thing.

If you can achieve this, you can ensure that you will be effective in the long term. This is a sustainable, recuperative, and rechargeable approach that allows you to take the time to do the things you personally need to do. Work is not your entire life and you would do well to treat it that way!

2. Be proactive.

Getting out ahead of things is always a great idea. Don't live your life hopping from urgent task to urgent task. Take the time to look ahead, see what will be needed in the near future, and account for it. This will leave you with fewer fires to put out, so to speak.

Have a clear vision for what your future should be and systematically work toward it to bring it into being!

3. Have your ending in mind from the start.

If you know where you're going, you can more accurately decide what you should be doing right now. Working right now, for the sake of working right now, is a waste of your time and your effort. You need to be sure that what you're doing will ultimately lead you where you want to go.

4. Prioritize

It can be easy to get snowed under with all the things that lay before you, ready to be done. In order to stave off that panic, the most efficient thing to do is prioritize. Find the things that need to come first and get a jump on them. As you systematically work through the things that need to get done right now, you will find yourself rolling into the future and setting up tasks that will need to be done.

It's imperative to be able to differentiate between urgent and important. Something could have a timestamp on it that tells you it needs to get done right now. However, it might be something that you can delegate, or it might not be important to you at all to complete. Be sure to factor this into your evaluation before you start working on it.

5. Keep it fair.

When you're looking at the outcome of any arrangement that you're looking to make, don't try to come out on top. Coming out on top is a concept that movie villains use, and it doesn't actually do anyone any actual good. Through litigation and the trouble, it takes to manipulate people into these situations, it's not even worth it in the end.

Go into partnerships and arrangements with the idea that they are mutually beneficial for both of you. If you can achieve that, you're doing great. Having an honest mindset when you go into business with someone is the best way to make sure you're both getting what you need from the business and that nothing will go awry.

6. Hear before being heard.

Be sure that when you're being presented with a problem, you do your best to hear all there is to be said about it, from as many angles as are available. Once you have all the information, you can throw in your input and go from there to reach a resolution.

If you jump in too quickly in an effort to be heard, you could discourage someone from coming forward, you could muddy the perception of what occurred, it could stir the pot, and you might be missing out on pertinent information that could more easily help you to reach a resolution.

Be willing to hear others before insisting that you be heard.

7. Synergize.

This is a very popular word that is used throughout business and strategy. Let's breakdown what it is and what it means. Synergy is the interaction or cooperation of two or more assets to produce a combined result or effect that is greater than the sum of their individual parts or effects.

If you are able to put your sense of self-gratification aside so that you and your colleagues can share in the success, you will find the success to be even greater in measure for each individual involved.

SMART Goals

Now that we've taken a look at the types of habits that can be the most beneficial to us in our goals, let's take a look at a method for setting goals! The goals that you set should meet five criteria to ensure that your focus is in the most economical and prudent place. Doing so will save you extra effort, and will help you to increase your chances of achieving the goals that you're setting over time.

Chapter 24: Positive Thinking

So-called positive thinking often leads one to passively accept what is happening and suffer the events. The proactive thinker instead uses resilience to break out of the current paradigm and find the opportunity behind what others see as a defeat. And it creates a wonderful new reality.

It's extremely important to be vigilant with regards to your thoughts and feelings when initially attempting to raise your overall levels of self-esteem. To become an emotionally stable individual, you have to be aware of what is going on inside of you at all times. There are no right or wrong assumptions to be made to begin with. Like everyone else, your emotions will be a mixture of irrational reactions by and large.

Humans typically elicit emotional responses easily and swiftly in almost every situation and suppressing them is a tough task. But that's OK. This is just the start. It's about identification and recognition of these feelings to begin with. Especially when they are negative in nature regarding your personality or physical traits, as they can so easily lead to negative spirals of thinking.

This is the brains default position. Humans are very much hardwired to focus on the negative. We zero in on the potential dangers we face, as it was so important to do so from an evolutionary standpoint. Our survival was dependent on directing urgent attention towards negative outcomes. If you attributed the rustling in the bushes to the movements of a saber-toothed tiger, then you had time to react. If you dismissed it as the wind, and it wasn't, then you were removed from the gene pool.

It's officially known as the "Negativity Bias" to psychologists. It explains how we inherently focus on the unpleasant thoughts and emotions such as harmful and traumatic events. This is true even when we are presented with an equal amount of neutral or positive situations. Negative factors have a much greater and disproportionate effect on a person's psychological state. It takes 5-7 positive thoughts, just to balance out a single negative emotion!

In this sense, we have a tendency to profess over the downsides we view within ourselves. Over thinking these traits is certainly not a wise thing to do. If you are not careful you can get trapped in your own mind. This is especially relevant when contemplating undesirable attributes.

In fact, a person with genuinely high levels of self-esteem will learn to quiet the mind for the majority of the day. They will use their cognitive ability wisely, and simply to plan the necessary tasks they have to complete. To organize their routines before getting back to relative calm and stillness of thought. They largely use the brain for what it is, a tool at their disposal.

The brain is undoubtedly a complex organ. It's required to perform an incredible number of calculations every second, even during mundane tasks like guiding the body for movement in simple motor skills, all the way up to making crucial and complex decisions in real time. The brain undertakes millions of these interconnected decisions every single day, thereby making it one of the most powerful pieces of biological machinery we have.

So, it should be used wisely and with care, especially when it comes to developing thought patterns and habits which ultimately dictate our daily behaviors and thinking patterns. It does this in an attempt to optimize a person's day-to-day movements and thought processes, but these short cuts aren't always beneficial.

The formation of these pathways is known as neuroplasticity. Neurology has intrigued scientists & psychologists greatly over the past two centuries. From the Classical Conditioning described by Pavlov and John Watson, to the Operant Conditioning of B. F Skinner. Each presented theories which described how the human brain works and learns.

It's no secret that a person's daily habits and thinking routines will ultimately dictate how they view themselves. However, habits are impartial, they will either help a person attain their desired results, or they will ensure they continue getting the average/poor results they have always gotten. As Dr Richards Bandler frequently points out "Brains aren't designed to get results; they just go in directions".

So how can we use this knowledge to help improve our self-esteem an overall mental state? In reality, it's simply a case of learning your ABC's i.e. learning the sequence of the Antecedent, Behavior and Consequence.

Thought Pattern Interrupts

The idea is to disrupt a negative thought pattern as early on in the cycle or sequence as possible, more specifically between the trigger and operation phase. Regardless, it must be completed before the testing phase of the condition, to say that you must disrupt it before the mind

tries to test the original assumption, otherwise any attempt to break the sequence will be of little use as the pattern is almost completed.

The pattern interrupts aren't difficult to implement and it's simply about stopping your train of thought and thinking about something different. It's a case of "butting in" on your own thought process and the conversation occurring within your own head. You are simply trying to change the direction of the mind and reprogram it as you do. You are not removing the old pattern per se, but rather redirecting around it.

If you wish to stop viewing others as continually better than yourself. You need to stop focusing on THEIR results, but rather focus on YOURS instead. You need to implement a thought pattern interrupt when you feel yourself becoming conscious of the gap in your perceived abilities. The following steps can help greatly with this:

1. Not Holding Back

The aim is to ensure the interrupt is as big and bold as possible. If there is one mistake, I see from people who try this method, is that they are too weak with their disrupting action, and it isn't enough to fully divert their thinking. This is especially true regarding a long term, entrenched belief or pattern of thought which they are trying to break I.e. I'm not as good as everyone else. Try a loud clap of the hands or harsh cough whenever you feel this emotion as a significant interrupt.

2. Time it correctly

You need to ensure you catch the "trigger phase" as accurately as you can, as it will be key to identifying when you need to employ the pattern disrupt. In essence, this should be directly after the original thought is spotted.

This stimulus/response window is typically a very short period of time. So, you really have to be a keen observant throughout the day to catch them when they do occur. This can often be a thought or memory which pops into the mind which starts the negative cycle of thinking.

If you allow it to continue, your emotions and physiology will start to change. At this point it will be too late. You have to become proficient at catching it right before this transition takes place i.e. immediately following the trigger thought/memory and replace your momentary behavior to a more positive one.

3. Rinse & Repeat

Simply catching the cycle once will not be enough for most entrenched poorly held beliefs. The real payoff comes from repeating this cycle over and over until the new thinking pattern becomes habitual, and you start to see the results you are looking for I.e. a more realistic and positive outlook towards yourself.

So, ensure you perform whatever interrupt you have chosen until it becomes second nature to you, until you no longer have to think about it. You have to bring the skill into the “Unconscious Competence” phase when performing it. That is when the new direction of thought and subsequent behavior will properly take hold.

This general approach was taken from hypnotherapists such as Milton Erickson who used pattern interrupts to disrupt the waking thinking patterns of their participants. They would lead a person’s inner monologue down a familiar path before disrupting the line of questioning; leaving the person’s unconscious mind waiting for the logical next step of the pattern, but it never comes. This can be a powerful enough confusion of the mind which puts a certain percentage of the population into a hypnotic trance.

You are not attempting to go this far with yourself, and it’s almost impossible to do it on your own. However, the general thought pattern interrupt is designed to work along the same lines. But this time to disrupt a familiar negative thought pattern and replace it with a positive more beneficial one.

Understanding that you will almost certainly be running negative and automatic negative thinking patterns are half of the battle. Breaking them is quite another fight altogether. It requires tools such as thought pattern interrupts to ensure newer and more positive upgrades are embedded into your psyche. So, make sure you are cognizant of putting this effective cognitive trick into practice throughout the day as much as you can.

Chapter 25: Motivation

You can Master your own Motivation

Motivators are crucial to you. They exist everywhere around and within you, and so long as you learn to understand what motivates you, you are able to begin to find out what you need to do to keep yourself going. If you can keep your motivation rolling for yourself, you can make sure that you are always acting in ways that are beneficial to you. You can harness those motivations and let them drive you toward the success and effort that you need to put in.

As your motivation gets added to your self-confidence as well, you will find that you are more able to tackle things that are difficult. You will be able to do what you need because you know how to frame things for yourself in order to force it. You will be able to ensure that you always have a reason to continue trying simply because it is driven by motivation.

The problem with motivation, however, is that oftentimes, it must be connected to something else in order to be effective. You need to be provided with something to be motivated. For example, take a job. You are going to work hard because you want the money. That is the ultimate example of extrinsic motivators that you can find that will drive you to act.

These are good, but they rarely truly help you bolster your self-confidence unless you are drawing simply from the fact that you have the job in the first place.

When you want to better yourself and strengthen that self-confidence, what you need is to find your intrinsic motivators. You need to find out exactly why you want to do things and how you can wield that desire to help you in life. If you can do so, you will be able to better your self-confidence.

1. Motivation and Self-Confidence

When you lack self-confidence, it is a huge struggle to get yourself moving. You do not want to take risks or try to do things that would otherwise possibly lead to failure, even if you know that taking that shot could be beneficial to you. You lack the motivation and drive necessary to try, and that does nothing for your self-confidence. Effectively, that self-confidence will be left to fester away without any real benefit to you.

You will not be able to truly get yourself moving. You will not be able to find out how best to push forward and ensure that you do take chances that help you to grow.

When you remain stagnant, your lack of self-confidence goes unchallenged. Clearly, you do not trust yourself enough to try, and that is a problem for you. That means that you are stunted and that you will not be seeing any improvements any time soon.

When you learn your motivations, then, and by motivation, I mean your intrinsic motivations, you learn what makes you tick. You learn what you value and exactly what drives you to keep striving to better yourself. You learn how to control that motivator in order to really push you forward. Effectively, you learn how to really dangle that carrot for yourself to make sure that you are always willing to at least try, and doing so will help strengthen your self-confidence just because you are taking chances. You will succeed some of the time, and that success will be incredibly beneficial to you.

Finding Your Own Motivations

Finding your own motivations does not have to be difficult for you, and when you do activate those internal motivators for yourself, you will find that life suddenly becomes a lot less strenuous. You may find that you are able to make sure that you can actually get up in the morning without dreading going to work. You may be able to enjoy what you are doing when you are at work. You may find that you truly love what you are doing and why you are doing it.

If you love what you are doing, you will wake up excited for the day. You will happily get out of bed without any of the procrastination that would otherwise have kept you down. You will find that you are able to learn better and focus better because you do not feel like what you are doing is nothing but a chore.

You will be happier in general, feeling more motivated and satisfied in general because what you are doing are things that you truly care about and are truly passionate about.

If you stop and consider exactly what intrinsic motivation implies, you realize that what you have is a motivation that is entirely pleasant for you. You enjoy the process. You enjoy the work. You find that it is valuable. You are incredibly happy with what you are doing. That alone is priceless and is exactly why you should tap into it.

When you genuinely do enjoy your work, you find that oftentimes, you actually do better, and you feel fulfilled as a result. This then leads to you feeling like you have done something meaningful. You have found something that you can do that will actually provide you and those around you with all sorts of benefits, and there is very little that is better than that. You then get up the next day and try again, just as happy as you were before. That is the power of internal motivation.

Start Attaching Your Actions to Greater Purposes

What better way to find value in what you are doing than to plan it out with that value that you are seeking in mind? When you want to live a life that you find fulfilling, the best way to do so is to find the why behind what you are doing. You need to be perfectly clear on what that why is if you hope to actually feel naturally driven to achieve it.

This is easier said than done, of course, but if you can find this out, reframing your narrative, you can make it more motivating to you.

For example, imagine that you are spending your day, trudging through all of your childcare and feeling exhausted. You have two kids that are incredibly demanding, and day in and day out, you find yourself draining more and more. You feel frustrated or like you want to give up. Sometimes, you are tempted to just leave them in front of the television all day, or just not to bother correcting that one mistake they made that was really annoying because avoiding any sort of parenting would be easier than trying to force the point. You may go clean up the child's mess instead of making the child clean it up because you know that if your child cleans it up, you will have to stand there, micromanage, and spend two hours nagging about it, but you could clean it up in five minutes.

As that desire to give in and do it yourself wells up, you realize that you can reframe your narrative. You can find out what your motivation is to keep moving in the difficult way because you know it is the right way. Despite not wanting to put in the effort, you readily acknowledge that parenting, even when exhausting and stressful, is still incredibly more effective.

In this case, you reword your narrative and give yourself a new purpose. "I am taking the long way because I am raising my children to be productive, happy members of society, even though it is driving me insane." Suddenly, you have a new reason to double down and keep going. It is the harder route for sure, but you will see the results you want

—your children will grow up and know that you are not always sitting around, waiting for them to make a mess for you to clean up.

That reframing was the extra push you needed to keep yourself intrinsically motivated. You do not get any money out of pushing your children to do what they need to do—you get the satisfaction that you are giving them your best effort to ensure that your children will lead the best possible lives that they could.

Set a Schedule

At least at first, when you are really struggling to find those intrinsic motivators to help build your confidence, start by making a schedule and sticking to it. Even just the process of coming up with a schedule, following it, and then seeing the results at the end can be incredibly motivating and can help you assign pleasure from completing your tasks.

Think about an average day for you for a moment. What do you have to get done? Perhaps you need to go to work, make sure that you get all of your work done, go to the grocery store, pick up the kids from daycare, then get home to cook, clean, rush through homework, and get the kids to bed.

Perhaps you also want to find out somewhere to fit going to the gym into your schedule as well, though you are really struggling with figuring that out. At the end of the day, you feel unmotivated to get any of it done, and instead of feeling better, you hurt your self-confidence further.

You end up feeling less motivated than ever because you have been failing, and with that failure comes the shame of failing, and then you never find the motivation that you truly needed to keep yourself moving forward. This is problematic and should be avoided whenever possible, and you will need to find out how.

The best way to override that loop of failing and then growing less and less motivated is through learning how to also find out the best way to making sure that you are on a schedule. When you are on a schedule that you follow religiously, you will find that you are much more likely to stick to it. Especially if you are marking off each item on your list, you may find that doing your chores becomes far less difficult for you.

You may get through your morning with ease simply because you already have it planned out. That means that you do not need to put any effort into figuring out what to do next or how to get through it all. Instead, you can simply push past it all and follow the list that you have.

You will find that you have to put in less startup effort by not having to find out your schedule as you go.

When you follow your schedule as well, you start to create good habits that will follow you. You will be able to ensure that you are doing all the right things simply because you are following suit with what you should be doing. You will feel good with every item that you cross off of your list, and that is more motivation that you build up. Eventually, just finishing a task will be all of the pleasure you need.

Chapter 26: The Magical Power of Error

Don't be afraid to make mistakes

Early in the 2002 season, Trey Junkin retired as a New York Giant football player. He was the long snapper, the person who only hiked the ball during punts and field goals. He was retired, but received a call just four days before a playoff game against the 49ers to rejoin the team because the current long snapper had suffered an injury. Trey thought this would be his last chance at a Super Bowl ring after his 19-season career in the NFL with six different teams.

The Giants had blown a 38-14 lead against the 49ers to trail 39-38, but with six seconds left, the Giants attempted a 41-yard field goal. Trey Junkin trotted on the field to snap the ball like he had done almost 2,000 times just in games. This time, however, he received the worst kind of advice right before heading onto the field—unsolicited advice. He was told “nice, easy snap” and was thinking that as he ran onto the field. Nineteen-year veterans know what works, and thinking during the actual execution of the play is not part of it. The best players think the same thing during execution: nothing. “I stood over the ball and thought about what I was doing. That’s why the snap was bad.”

His snap went low, the holder picked up the ball, scrambled, and threw it to Giants lineman Rich Seubert, who was clearly pulled down during the almost catch. Whereas the NFL officials apologized the next day for missing the pass interference call, the game was nonetheless over.⁹

I remember that exact play and where I was watching it. I recall feeling so bad for Trey Junkin. However, before the final attempt, it made me immediately think back that the Giants had in fact botched an earlier field goal in the game with 3:01 remaining. The earlier field goal miss was also caused by a low snap. Trey Junkin carried this mistake with him for many years, unfortunately, unable to completely let it go.

I think the second most important mental skill is the second most difficult. It’s how we refocus. People seem to possess more fear than ever after a mistake. The fear seems to rest in the uncertainty, the unknown, and in the belief that they can’t afford to make another error. Who told them that? Maybe it’s the expectations, the pressure, or perhaps the awareness of how we compare ourselves to everyone else.

Everyone chokes.

I have yet to meet an elite athlete or a successful person who hasn't choked. Choking isn't about performing poorly—it is an extreme drop-off in performance at the worst moment. No one wants to see someone choke; it merely reminds us about the time that we ourselves choked. Also, rarely does one choke when they are in twenty-first place; we have to be in a situation where we're close to winning. Choking is simply caused by thinking too much at the wrong time. What we have done automatically and without any thought in the past now becomes laden with thoughts of being careful, not carefree.

Since everyone chokes, I have always wanted athletes to choke in practice rather than competition so they can recognize what happened. When they discover where their thoughts went, then they can improve and learn to refocus. So, then when it does become the most important time, they will have learned the correct type of focus. The key is to not fear the choke—it is to prepare for it.

If you show me someone who can let go of mistakes and refocus, I'll show you someone who is mentally tough.

Perfectionism is just another word for insanity.

There is a most important play in life—it's this one. However, one mistake then leads to another mistake and it can affect the most important play and the most important day.

Sometimes we have an all or nothing mentality. Either we are the best or we are the worst. We allow little gray area, barely leaving room for learning errors past the beginning stages, and certainly no leeway for making mistakes. Fear of not being good enough drives us to make it appear we are perfect, and the never-ending cycle begins. Fear becomes ever present in our lives.

Have you ever stubbed your toe or bitten your tongue? Mistakes happen. What's important is how we deal with these errors. In pressure environments, we need to let it go, move on, and refocus. This skill is simple—but not easy.

Many reading this have heard the story. However, there is a verse in one of the gospels that is significant regarding re-focus. In Luke 22:61, it says, "The Lord turned and looked straight at Peter." It's tough to imagine the shame that Peter felt. But the question begs, what do you think was the look that Jesus gave Peter? Do you think it was one of disappointment, of ridicule, or of persecution? Or do you believe it was something else? The look that we see actually says so much about our

own vision toward God and Jesus, which says much about how we will treat ourselves after making a mistake.

I see a look of forgiveness and compassion. A look that says “Hey, Peter, I called it, it’s okay.” What’s the look that you give those close to you after they make a mistake? And most importantly, what’s the look you give yourself? Do you add shame or condemnation, or do you offer encouragement to allow yourself or others to bounce back from the mistake and keep moving forward? When mistakes happen, responding with gentleness sets the stage that makes refocusing possible.

Chapter 27: The Power to Decide and not to Decide

How frequently week after week does a specialist hear "It's an ideal opportunity to do some outside box thinking?" Mental models are the container everybody is attempting to get away. Mental models counteract thinking forward occasions. Individual manners of thinking are built through discernment, creative mind, and perception of the world. An individual sees a treat and is sure it is a confection, or is it a wireless with a piece of candy case? The innovative mobile phone case was an ideal intuition forward occasion since it deconstructed a mental model. The conspicuous utilization of mental models is to an individual's perspective on her or himself in connection to environment. Self-idea is built through apparent capacities, social assignments, and training. A lot of this self-idea prompts subliminal presumptions.

Human suppositions overflow into business. Most organizations flourish with remaining in front of the challenge and comprehend that when lack of concern sets in, upper hand will be lost. Business pioneer suspicions lead to comfort which makes a disentanglement of the real world. Regularly these presumptions render organizations stuck in a similar spot as development cruises them by. Enormous multi-channel companies are particularly influenced by this marvel as workers and the board become increasingly more incoherent from the bigger corporate crucial. Cross-lattice worldwide organizations, specifically have a notoriety for having turned out to be agreeable. "This is the manner in which it's constantly been done," is expressed again and again as organizations lose piece of the pie to inconspicuous challenge and development.

The tale of the immense organization that disregards ground breaking occasions and is in this manner undermined by the little, yet deft, contender is told again and again in business schools. The solution for foolhardy presumptions is a portion of outside box thinking. Outside box thinking can make the biggest organizations deft in their basic leadership. People are naturally defective and need support envisioning future business inclines because of assumptive mental models. The picture of rivalry around an organization, which representatives develop, is basically a model. A reasonable decision for any organization is the option of picking outside box thinking as insurance against smugness, brand value misfortune, and client weakening.

Try not to wait until You Need Corporate Emergency Triage

Here and there the most out-of-the-container thing an organization can do is search outside for help to develop a superior sort of various. Outside the organization, however outside the business. As much as your organization or association needs an advancement expert, you likewise need one that comprehends significance as establishment and venturing stone, not an untimely idea.

Each industry and friends has its very own way of life, and that culture regularly delivers a sort of "customary objective visual impairment". Similar thoughts keep coming up on the grounds that similar individuals are entrusted with thinking of new answers for old issues. Be that as it may, in the end an organization either develops its way to the highest point of the business or it stagnates its way into liquidation.

Contemplation is the way toward understanding ones claim mind, with the target of following your own Thought Chains to make a usable Mental Model.

Our psyches are dynamic constantly. As we collaborate with our condition, our psyches are continually making mental idea chains. This prompts an endless torrent of commotion. It resembles having a radio station, set to a similar channel, playing in your mind forever. Without the advantage of a volume control or an on off switch you are really lost. Yoga and Meditation gives you a volume control and an on off change to utilize at whatever point you have to.

The majority of our thoughts and activities are made from these mental idea chains. We are truly what we think. So then it pursues that we ought to consider seeing how the mind functions, seeing how our very own personalities work, as something that is critical and to be paid attention to very.

It bears rehashing, this is the thing that contemplation does. It is a procedure that depends on a working model of how our psyches work. Contemplation is a procedure that enables us to get ourselves. Through reflection you can;

- * Look at your very own considerations,
- * Look at your considerations from the point of view of the spectator and the watched,
- * Learn how to change the manner in which you think, to be increasingly profitable,

- * Realize that the manner in which you think and associate with the world, decides how cheerful or miserable you are, lastly,
- * Realize the numerous physical and mental advantages that yoga and reflection gives.

Mental action makes musings that are connected together with different considerations. So for instance:

- * You see somebody that helps you to remember an old companion named Bob,
- * You think, "I truly like Bob,"
- * You wonder what Bob is doing,
- * You wonder how the old posse is getting along,
- * You wonder if Bob is on Facebook,
- * You continue to look at Facebook, to locate your old companion Bob and the majority of your other old companions from the pack.

So the underlying collaboration with the earth, triggers a particular activity. This is normally the situation. First you respond to the individual that helps you to remember Bob. You respond to the outside environmental boost. You, the onlooker, at that point continue to watch the upgrade and respond. This activity triggers one more idea and perception and response, and one more and again.

You may even make thought chains that will in the end lead to a very surprising idea example or topic. For instance:

- * You begin seeing the individual that helps you to remember Bob,
- * You see that you "like" Bob,
- * Bob makes you feel better,
- * You think, "Weave was consistently fit as a fiddle, he generally practiced a great deal,"
- * You consider you claim physical molding,
- * You see that you aren't especially cheerful about the shape that you are in,
- * This makes you feel gravely,
- * You think, "I need to get to the rec center and exercise harder."
- * You at that point watch, this makes you feel better, however you truly don't have the opportunity to get to the exercise center today, since you

need to work late,

* You at that point see that you feel ineffectively that you won't have the option to work out today around evening time.

In the above idea chain you totally went off subject, and you may have seen, that you went from feeling better, to feeling terrible, to feeling better, to feeling awful once more, all inside a couple of seconds. Yowser! Insane right.

However, this is actually what we do constantly. We continually subject ourselves to this unbeneficial mental move. Moving starting with one chain of considerations then onto the next, regularly without monitoring what's befalling us.

You have no clue how to stop it, change it, or if nothing else not to have it influence you in a negative manner. Here and there you'll even carry on without acknowledging what you're doing.

Through Yoga and Meditation, you will find out how to screen your mental idea chains and perceive mechanical ineffective examples in your reasoning. You will shape a working model of how your mind capacities, with the goal that you can without much of a stretch see negative idea anchors and start to make new, positive contemplations to supplant them. You will push ahead with your life and show a fulfilling and lively reality.

•MAKE DECISIONS WITH THE CIRCLE OF COMPETENCE

Hover of Competence is basic: Each of us, through experience or study, has developed valuable information on specific regions of the world. A few zones are comprehended by the vast majority of us, while a few territories require significantly more claim to fame to assess.

For instance, the greater part of us have a fundamental comprehension of the financial aspects of a café: You lease or purchase space, burn through cash to furnish the spot and afterward contract workers to situate, serve, cook, and clean. (Furthermore, on the off chance that you would prefer not to do it without anyone else's help, oversee).

From that point, it's a matter of creating enough traffic and setting the fitting costs to produce a benefit on the nourishment and beverages you serve—after the majority of your working costs have been paid. Despite the fact that the cooking, environment, and value focuses will fluctuate by café, they all need to pursue the equivalent financial recipe.

That fundamental information, alongside some comprehension of bookkeeping and a smidgen of study, would empower one to assess and put resources into any number of cafés and eatery networks; open or private. It's not too convoluted.

Nonetheless, can the majority of us state we comprehend the functions of a microchip organization or a biotech medication organization at a similar level? Maybe not.

Understanding your hover of capability encourages you dodge issues, recognize open doors for development, and gain from others.

The idea of the Circle of Competence has been utilized throughout the years by Warren Buffett as an approach to concentrate financial specialists on just working in territories they knew best. The bones of the idea show up in his 1996 Shareholder Letter:

What a financial specialist needs is the capacity to accurately assess chosen organizations. Note that word "chose": You don't need to be a specialist on each organization, or even many. You just must have the option to assess organizations inside your hover of skill. The size of that circle isn't significant; knowing its limits, notwithstanding, is fundamental.

Be that as it may, as Buffett so expressively put it, we don't really need to comprehend these increasingly exclusive zones to contribute capital. Unmistakably increasingly significant is to genuinely characterize what we do know and adhere to those territories. Our hover of skill can be enlarged, however just gradually and after some time. Missteps are frequently made when straying from this control.

How would you distinguish your hover of skill?

For a great many people it begins with your own special activity or calling. Your calling gives you a natural understanding and in the background information of how your industry and the organizations in it work and capacity. This can be exceptionally important with regards to contributing inside your industry; you realize which organizations are the best to choose of the bundle and you know which ones are dead-in-the-water and you essentially should maintain a strategic distance from.

Another approach to recognize your hover of capability is the means by which you spend your cash. In the event that you are an educated buyer regarding any item/administration you much of the time use, you may

have some inside and out learning of which organizations are bound to prevail with shoppers and flourish in some random commercial center.

Chapter 28: Our reputation

Here's what speaks to me: reputation is about observers and the particular elements they observe. Also, reputation depends on how the observers' judgments of those elements accumulate over time.

Seth Godin offers a similar perspective on reputation with an emphasis on moving into the future. Godin says reputation is "what people expect us to do next. It's their expectation of the quality and character of the next thing we produce or say or do." He defines the things people evaluate—quality and character—and frames them in terms of expectations.

EXPECTATIONS

My definition of reputation draws and expands on those ideas. I say that the company owns its brand, but the public owns its reputation. Reputation is ultimately based on the expectation of what a company will do next, which is based on the public's perception of what the company has done repeatedly over time, and that's why it is so hard to change. One action, one comment, or one press statement will not improve it. A company's reputation flows both ways in time: past actions create an impression and set the stage for what people expect it to do next. These "expectations" define a company's reputation.

Consider a company like Walmart. People have built a set of expectations around Walmart over time. They're not all true—they've become corporate legend. Customers expect Walmart to offer lots of product choice at incredibly low prices. Employees expect less-than-ideal pay. Suppliers expect Walmart to be difficult to accommodate. Whether these statements are true or not, customers, suppliers, and the public assume these elements are intrinsic to Walmart, so they expect more of the same in the future. The irony is that Walmart does a lot of terrific things, like developing solar facilities to power stores with renewable energy. Their commitment to solar power began with their first on-site United States solar installation in 2007. They quickly became the top commercial solar energy user and have been recognized by the EPA's Green Power Partnership. Presidents Bill Clinton and Barack Obama each visited a Mountain View, California, Walmart to acknowledge the role of renewable energy in America's future. They also are making real strides in increasing pay for associates as part of a two-year, \$2.7 billion investment in workers (Walmart 2016).

BRAND VS. REPUTATION

The work we do with companies helps them communicate their reputation to the various publics important to them. It's a different process from marketing. Marketing primarily involves putting your product or service in front of the right customers and drawing them closer. Marketing focuses on sales, revenue, and growth. Brand, too, describes products and services, as well as people's experience interacting with the company. Companies can control those interactions. They might manage the way a product looks in packaging, how easily it's procured, or the way a retail or online interaction unfolds.

Reputation, on the other hand, refers to the perceptions of people who have not interacted with the products or services per se but have still made a judgment based on their ideas about the company. A company can reinforce and grow its reputation but is very much dependent upon this intangible relationship, as opposed to the tangible relationship people have with the products or services it sells. The distinction is whose behavior we are trying to impact. If we're trying to impact a customer, we have total control. If we're trying to impact the public, we have less control. That's what makes reputation management so much more difficult.

You know how friends and family come to expect certain behaviors? If you've always been the first person to order dessert and now you're embarking on a weight-loss program, people might be shocked when you skip the chocolate mousse. It's not what they expect. People persist in listening to their old tapes. You might make a positive change, and nobody will acknowledge it. Say you used to be difficult to work with, but you've developed some new skills that make interacting with you much easier. People still expect the old behavior, and it might take them a long time to fully recognize the change. Personal reputation can often be hard to budge.

The same is true for corporate reputations. It's difficult and can take a long time to change perceptions. It can be done, though. Walmart is an example of a company that's working diligently to change perceptions, but it takes a number of impressions, made over and over again, before the new reputation takes hold. Walmart could change people's perceptions of a specific product or brand with a slick ad, but that won't fundamentally change the public's overall opinion of the company. Making that kind of sea change takes a long, sustained initiative. After

all, it took a long time to develop the first set of expectations. It makes sense that it will take time to change them.

You can't just talk the talk; you really have to walk the walk. If you look at the reputation management pyramid, you'll see a thick blue line right under the word "Action." This represents the final transition after you've built a foundation for that action. You can't just go "do" reputation. Sure, you can hold a press conference, issue a press release, pitch reporters, and reach out to influencers, but these are incremental steps in climbing the reputation mountain. The process builds through the Four A's, from Assessment to Awareness to Authority to Action. Staying the course requires sustained commitment to authentic goals. You can't jump the blue line; you must prepare. Otherwise, you'll waste undifferentiated resources and time seeking change before you build a strong foundation on which to grow.

What's the difference between good PR and reputation management? This is a common question and an area where much misunderstanding occurs. Reputation management and good PR can be thought of like health care. It's the difference between a broken arm that requires a cast and heart disease, which demands long-term dietary and lifestyle changes. Think about conventional public relations work. It's very transactional and organized around a specific audience, perhaps certain stakeholders. PR is also episodic, revolving around moments in time. Reputation management, on the other hand, must be sustained over time and across multiple audiences you don't have direct control over. That sustainability is directly related to who controls reputation, and that's the public.

Let's look at Google as an example. Google, or more properly, Alphabet, has the number-one browser and email service. Chrome and Gmail are easy to use; millions of people use both services to store their information. User confidence is high. Still, Google is not immortal. If they were to have a data breach like the one that affected Yahoo in 2016, their ecosystem of goodwill would be significantly drawn down. If Google introduced new products following an adverse reputation event like a breach, it would face skepticism and friction because of damage done to their reputation. Even a successful company like this needs to make sure that its systems truly protect its reputation and can't be ruined by one negative user experience.

Companies that sell the Trump brand faced tough decisions about their reputations in light of the 2016 presidential election. Many sellers of

Trump merchandise faced boycotts. Customers boycotting the brand also called sellers out in public. Many set up websites. One, called grabyourwallet.org, kept a log of the different companies selling Trump products. A number of companies have decided it's in their best interest to stop participating in that space. Companies like Nordstrom have decided to move away from the Trump name. That's a reputation decision because it takes into consideration people's perceptions of what the president does and the impact those products have on particular companies.

You can't fix reputation with a price reduction or improved packaging, just like you can't fix your personal reputation issues by changing your hair color. Your reputation is about who you are. Reputation requires constant attention, but there's a process to manage it, which we'll look closely at when we detail the Four A's. Essentially, it's a deliberate, intentional process that goes to the heart of the company. It's not reactive.

You can't make someone your friend by offering certain perks. Instead, if you and the other person both present your authentic selves, a relationship will develop over time. People use the term "fast friends" to talk about instant bonding experiences, but I think those are rare. It generally takes time to develop a relationship.

Similarly, truly great companies are not built to be the flavor of the week. Certainly, some businesses go for rapid return and instant gratification. The best, though, are willing and able to articulate what they stand for and why. People become attracted to that over time.

Chapter 29: The Importance of Your Mental Health

What Is Mental Health?

Mental health is the strength of the mind to fight against circumstantial pressures, stressors, and challenges in which you are staying. It is an exercise of the mental power to overcome the shortcomings that create problems to you without blaming others. Mental power exercise when practiced regularly helps you to perform better to a large extent against the prevailing difficulties and barriers. Today's hustle and bustle activities have indeed made life more complex and stressful. If you look 100 years back, you could see that people would live their lives in a poor habitable and dietary condition. They were unhappy but not stressed because they were mentally sound and strong. Today people feel more stressed than their ancestors due to lack of mental strength.

Key Components of Mental Health

Main characteristics of mental ability can be sub-divided into three components viz., emotion, behavior, and confidence. These three components play a key role to help you become a more resilient and self-driven person. Let's discuss the components one by one.

- **Emotion** - It is a state of mind that involves a feeling in a situation or relationship with other people. Your feelings in a situation involve almost all activities surrounding you. It extends from home to your workplace and even to your societal relationships. Similarly, the relationship with others involves a relationship with your family members and even your colleagues and friends. It also includes your neighbors. Without emotion, you cannot connect with the people or the situation.

Let's take an example. You have prepared a new project for your company in which you are emotionally involved. You have been asked to give a demo of the project before colleagues and higher officials. It can bring a new opportunity which can expand the company's business and profit. If the project becomes successful, the chances are that you will be promoted to a superior post. Here, emotion is your mental strength. Now, when you are demonstrating your project, few colleagues pass on negative remarks and opinions asking some questions. You strongly argue in favor of your project logically and at the same time, you ignore their questions and do not hear them with due respect. Being ignored by

you, the colleagues and higher officials altogether can reject the project though it has a new possibility. Here, emotion is your mental weakness.

From the above example, it can be said when emotion is mental strength, it can create opportunity, but when it is a weakness it might hinder your success. Here, emotional weakness has greatly affected the professional attitude and opportunity of the new project is lost in all respect. So, you should control your emotion before emotion controls you and proactively express your emotion to the colleagues so that they can make the best choice.

So, to achieve a strong mental ability and resiliency to overcome the weakness and eliminate any threat to your growth, you have to exercise and achieve the followings three skills:

1. Apply emotion proactively to your task only and not to the people or situation. Focus on thinking to solve the problems. It is a mental exercise that increases mental strength and controls emotions.
2. Identifying your own emotion is not enough. Identifying other people's emotion on the same issue is equally important to reach a conclusive decision. This mental exercise increases your emotional intelligence to understand and manage both the people and the situation.
3. When you will be able to manage and control own emotion, you will achieve the ability to appreciate or cool off another people's emotion as well. This exercise creates an emotional awareness in you and the emotional intelligence increases your level of performance.

• **Behavior** - The skills you develop in exercising the three above-mentioned mental exercises will help in all sphere of activities and relationships in your life. You will feel more considerate and compassionate which will help you to build a strong bonding in any kind of relationship. Your behavioral characteristic will rebuild.

However, neither the people nor the situations allow you to keep going on. When one barrier after another come or all doors start closing, being a mentally strong person, you should not continue the task which may cost you more. It will be wise to quit the situation humbly and compromise the wrong path as it might lead to failure.

• **Confidence** - Confidence is believing in own mental strength and ability but not in an aggressive attitude. While you are exercising emotional intelligence and rebuilding behavioral characteristics successfully, you will be able to handle any social events, work,

relationships, and family empathetically. Researchers have shown a person's brain thinks about 50,000 to 70,000 issues a day in which you boost yourself on thousands of issues while avoiding the rests with a fear of failure. So, exercising mental strength helps your brain to think the issues differently to be more productive instead of leaving the issues due to fear of failure and sporting an armor of confidence.

Importance of Mental Health

Every person has mental strength but it varies on the level of health that a person possesses. Higher the level you possess bigger the goals you achieve. Here, you will find the importance of mental health to be more productive and successful in life.

1. Mental Strength Promotes Your Armor of Confidence - When you ambitiously run behind a long-term goal, you may likely experience self-doubt at any point in time. Then. You should ask yourself about the “ifs” and “buts” that has brought a negative wave in you and created a low level of confidence. If you are mentally sound and strong, analyze the negative thoughts, adjust your attitude towards people and situation, and start working to march forward towards the goal. This will promote your mental strength with the armor of confidence and recharge motivation.

2. Mental Ability Drives the Motivation - When you stick to the goal, motivation plays the key role as driving force in you to keep moving on. However, psychologists have shown that the graph of the motivation of a person is not linear rather it is a wave-like curved line. So, it has ups and downs. When motivation is at its peak, your mental strength is high enough to handle the people and situation. When it is at the bottom, you need to re-exercise the mental ability by digging deep into yourself to rediscover yourself. This practice will tune your motivation further.

3. Mental Health Tunes Unhealthy Criticism - Exercising mental strength helps you out to tune unhelpful advice and unworthy criticism from the people surrounding you. The mental ability helps to stay strong with the truth with values and emotions regardless of the criticisms thrown on you unless you make a mistake.

4. Mental Power Helps to Learn from Mistakes - When people judge something wrong, decide something wrong, and apply something wrong, a mistake happens. Suppressing the mistake creates another wrongful action. A mentally sound person accepts mistakes humbly, analyze the mistake, identifies the cause of the mistake, and repairs the damage. This way you can get the courage to learn from the mistake.

5. Mental Strength Imparts Courage - In a long-term journey towards a goal, you may not stay all the time in a comfort zone. At one point of time or another, you need to move beyond the boundary. Practicing mental strength regularly helps you to come up with the courage to go beyond and extend the boundary within your tolerance limit. However, you should keep a backup in case of any setback to avoid discomfort. This can increase your courage to move forward resiliently.

6. Mental Power Helps to Bounce Back in Case of Setback - Mentally weak people give up in case of any setback or failure without giving any effort for the next time. On the contrary, mentally strong people think that failures are the pillars of success. People work their mental power, analyze the causes of failure, tune the emotions, reconstruct the thoughts and get back from the failure by performing better than before. People with high mental power have a high level of self-worth and high tolerance level to accept failure regardless of being ridiculed by others. Regular exercising of mental power gives you the emotional strength to treat failure as throwing a stone to future success.

7. Mental Power Controls Emotion - In the para “Mental Ability Drives Motivation” above it is already explained that motivation can be high and low. Similarly, emotion gets high and low during the journey of activities in life. Thus, success also gets high and low as it is synchronized with emotion and motivation. If you do not have the skill to control the emotions, the temptation of the situation will control you and gratification from your life will be a far-fetched dream. This situation invites immeasurable risks. Exercising the mental power is the key way to control your emotion, boost motivation, and build the path of success. Building mental power also helps you to develop a strong resilience to overcome the failure and bounce back with full confidence. This is an inevitable necessity of life to face the challenges in any sphere of activities.

Chapter 30: Living 100/100 - The Best Version of You

Get Rid of Unnecessary Things That Are “Up for Discussion”

The next thing to do is to get rid of the things that are “up for discussion,” which are things that are causing you anxiety and stress and taking up too much of your time. You have to get rid of these things because they will suck the energy and life out of you. Things that are not on the non-negotiable list can be considered holistically and given priority when you need it to be.

The Result: You Feel Happy and Worry Less

The result of prioritizing includes a mindset that worries less and feels happier. When you can write down all the things that are most important to you, then you won't feel the need to worry about anything. You will feel better and more secure. No need to worry about tomorrow; it will worry about itself. Just think about today and what you can do to make today the best it can be.

Case Study

Jill wanted to start prioritizing her life because she realized that she had countless things to do on her list. It was becoming a lot more unmanageable for her. The workload was steadily getting worse, and she started to fall behind on the basic tasks that she had to do each week. What's more, she was unable to attend date nights with her boyfriend at the time because she was too busy to do anything else. Jill recognized that this was a problem, and she wanted to address it as soon as possible. However, it was something that she continued to procrastinate about. How could she get her priorities together? Suddenly, out of the blue, she got ill, causing her to slow down significantly. As she was recovering from her illness, Jill realized she was doing too much and that she needed to take hold of the things that were most important to her life. So what she did was she prioritized all the things on her list that she needed to do, and she did only what needed to be done and left everything else for later. She prioritized her relationship with her boyfriend and family and made those at the top of her list. Work came next and then her friends. Slowly but surely, she was able to get things back into a proper balance in her life, which made things much better for her. Jill could do everything that she set out to do and achieved her goals. All was well.

Write Down Your Goals and Prioritize Them

The next step is to write down all your goals and prioritize them. Remember that you need to discover what it is that helps you get up in the morning. What is it that keeps you going? What drives you? You have to consider deeply what you want to do with your life and how you are going to live for you and your unique goals and aspirations. Don't let anyone get in the way of your life. You should do everything that will help you become the best version of yourself.

Think about your goals and then prioritize the ones you want to accomplish each day of your life. Apply the SMART formula. SMART provides a good guideline for how you can achieve your dreams. SMART goals are specific, measurable, achievable, realistic, and timely. They allow you to take each part of the goal and define your goals to make it easier for you to do all that you set out to do and get more done.

The way to set your goals and targets should be measured in a specific way. Let's look at an example of how this can work in practical terms.

Conclusion

As broadly explained in here, mental toughness entails having the psychological edge that pushes you to perform optimally and efficiently to meet the demands that are placed on you by your own goals, bosses at work or life in general. Note that, the characteristics and benefits of mental toughness are highly evident when you have great demands to fulfill. Some of the characteristics that define a mentally tough person include; self-control, poise, self-confidence, self-motivation, calmness, leadership, determination, composure, concentration, persistence, positive energy, and determination. As well explained, having mental toughness does not mean that you are always destined to win. As a matter of fact, you mainly use the mental toughness attributes when you are faced by adversities that threatened to pull you down or demotivate you to quit working towards your life goals.

To effectively develop mental toughness, you must be willing to practice all the attributes that lead to mental toughness. I wish there was a universally recognized formula for developing mental toughness but there is none. However, that does not mean that it is impossible to achieve mental hardiness. It requires patience, time and the will to learn and adopt new traits. In addition, it is important to surround yourself with the right company and leadership that will make your road to mental toughness and resilience much easier. Notably, most people develop mental toughness after experience failure or facing challenges that made them reevaluate their plans and how they intend to achieve their goals. When a person chooses to accept the outcomes and learn from it instead of blaming people or different life circumstances, they are on the right track towards achieving mental toughness.

Critical elements towards developing mental toughness and maintaining a strong and focused mental state are defining a strong why for everything you do. If you plan on achieving a huge task that you do not have a well-defined why for, you are set to fail. This is because, you will find yourself discouraged, distracted and disengaged from the task as soon as the first challenge set in. Think about the resolutions or goals you have set out to work on previously and things did not turn out right and you had the thought of giving up because you felt like you did not have what it takes to achieve the goals. The truth is, best and achievable personal goals fail because people do not have a strong why.

According to psychologists, one of the greatest mental drains is having to work towards a goal that you lack definitive why for. In such a case, you will find yourself seeking external motivation and questioning your willpower to achieve the goal. In most cases, people set goals because they like the idea of having resolutions and life goals and not the reality of working towards achieving their goals. Unfortunately, if you cannot connect to your why, you cannot motivate yourself intrinsically to achieve highly challenging goals that hold the key to your success in life. Intrinsic motivation is the desire that burns inside you to pursue something and in most cases, it occurs when you are working on a goal that satisfies you above everyone else or the society at large.

For instance, you could be trying to quit smoking because you are well aware that it is bad for your health. But, you really like smoking and the quitting goal may be close to impossible regardless of the level of mental toughness and willpower you have. On the other hand, if you purpose to quit smoking because you are expectant or just had a baby and you do not want the baby to grow knowing that their parent is a smoker, you will have a strong why that acts as your intrinsic motivation to quit smoking, in such a case, it will be very easy to achieve your goal. Evidently, intrinsic motivation is more powerful than having stubborn willpower to do something. Moreover, it is far much easier to maintain intrinsic motivation in the long run.

Therefore, if your purpose to develop mental toughness and resilience, it is important to connect a definitive why to everything you purpose to achieve. This ensures that you reduce the energy and effort you need to achieve your se goals. Once you establish a strong why for your life goals, you will automatically have more energy and motivation to take on difficult challenges that arise.

You will not allow anything to hinder you from achieving your goals.

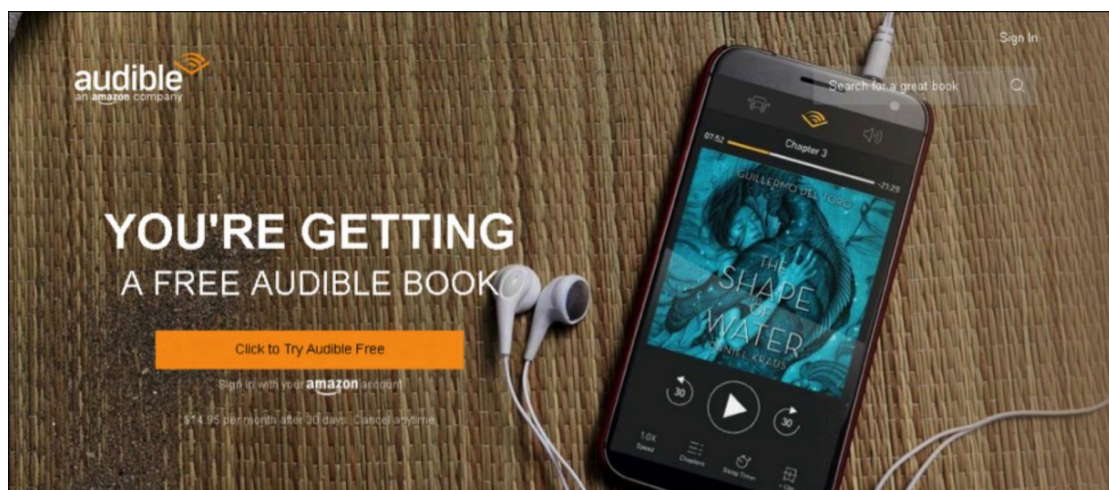
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