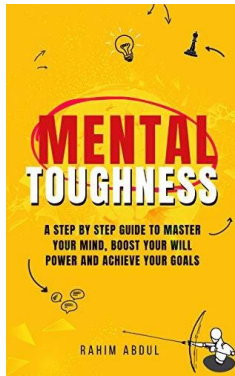


Mental Toughness by Rahim Abdul



Product details

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A mentally strong person is able to regulate and manage their thoughts, feelings, and behaviours to get what they want out of life.

Generally, a mentally strong person won't waste time feeling sorry for themselves, won't allow others to have their power, won't shy away from change, and don't worry about pleasing everyone.

Additionally, mentally strong people:

- Self-monitor
- Accepts any consequences of their actions or choices.
- Derive meaning from past experiences of hurt and pain.
- Deal with challenges head-on

Set Your Intentions

- Some of the most successful people with strong minds have been known to have an undying belief that they will achieve what they set out to achieve. They set their intention for their future and don't waiver from it.
- So, what can you take from this?
- Set an intention! Be intentional about what you do. If you aren't, you might just end up in someone else's story over your own, heading in

a direction that isn't toward your goals or optimal life. (Hint: Mantras can be a *huge* help with this!)

Take Time to Think

- In today's go-go-go society, it's easy to get caught up in being "busy" and constantly "doing."
- But as humans, we need time to think. This time offers clarity.
- Meditation offers you an opportunity to be mindful and aware of what you're thinking.
- While this isn't necessarily the purpose when you meditate, thoughts will undeniably pop into your head. And during meditation, you simply observe these thoughts, allowing them to pass without engaging in them.

Practice Mindfulness

Caught up in worries about the past?

Or feeling anxious about the future?

Try focusing on the present moment. In truth, the present moment is all we have. This can not only promote a strong mind but also help you connect better with those you love and care about.

One should not pursue goals that are easily achieved. One must develop an instinct for what one can just barely achieve through one's greatest efforts. — Albert Einstein

Create BIG goals. Push yourself to go after what you may perceive as near impossible. Not only will you go beyond where you ever thought possible, but you'll flex that mentally resilient muscle and vastly improve your future and entire life.

Look on the Bright Side

Negative thoughts are hard to shake. Yet, combatting these thoughts is important if you're going to overcome them (and prevent that spiral that

we've all been down!). When you notice you're thinking negatively, try to come up with a positive thought.

Yes, this can be hard. And it may feel super unnatural, but practice makes perfect. Plus, even through failure, there's often a positive, such as a lesson. Writing out how you're feeling and how you would like to feel can help here as well!

Don't Let Fear Stop You

Fear is something that is wired into our brains thanks to our ancestral roots.

Back in the day, fear protected us and maintained survival. For instance, it was something that helped drive us to run away from a threat or fight it. And while fear definitely serves some purpose today, sometimes, it can freeze us from taking steps toward what we know we want.

In these cases, it can help to evaluate the fear. It may even prove helpful to look at the worst-case scenario. For instance, if you fail, you figure out what doesn't work and perhaps learn how to move forward.

Watch Your Self-Talk

You have to be your own best friend!

Would you tell your best friend how awful and horrible she or he looks? Probably not! So, let's steer clear of treating ourselves this way.

Instead, become aware of your self-talk.

- What do you say to yourself on a daily basis?
- What can you do to improve this?

Sometimes, daily affirmations can help. For instance, stating each day, "I am enough" can help overcome those negative self-confidence comments you make toward yourself and even, eventually, eliminate them.

Practice the Attitude of Gratitude

Individuals with a strong mind appreciate what they have.

Don't focus on "the more," which, as humans, we are often inclined to do. When you start comparing yourself to others or wishing you could have more in your life, look around.

What five things can you be grateful for right now?

Uncover Solutions

Problems are part of life.

We can't get away from them. But what we can do is find solutions we are happy with. This can also be more effective and efficient than dwelling on the problem and how much you dislike it.

Solution-oriented thinking allows you to move past the problem and onward toward your success.

Flex That Strong Mind!

It's entirely possible for anyone to achieve.

All it takes is a little practice, consistency, effort, and time, and you'll be more mentally strong than you ever thought possible. You'll be able to take on challenges and hurdles and overcome them without letting them knock you down.

Like building a house, you have to work at creating a strong mind. Now is as better of a time as any!

Just two factors you can control, your mindset and your effort,

Responsibility is the power to respond.

Mistaking emotions for facts. You associate thoughts or convictions with the truth.

A lot of people fail because they often end up having a lot more on their plate than they can handle.

Feeling unworthy - No one is born unworthy; everyone is born equal. Despite that, there are many who still believe that they do not deserve to achieve such massive success that they end their run even before it begins.

Every day, bring in 100% commitment, no ifs or buts.

Endure and Tolerate

A lot of things may not go the way you planned. You may have to work with people you might not really like. However, all of that is okay. You should develop endurance and tolerance within yourself to accept whatever is going on and still remain focused on your eventual goals.

Accept change as an opportunity and should be willing to step out of their comfort zone to truly pursue success.

Once you start with mental toughness, know that it is a one-way ticket. You cannot expect to stop whenever or wherever you want to. You must continue with the momentum for the rest of your life if you are to truly experience life-altering results.

If you genuinely wish to be a success story that people go on to talk about, *you must never stop.*

It is consistency that keeps the momentum going forward. You start today, and a year down the road, you will have a momentum that has kept on building for 365 days. Miss out a single day and you immediately break the momentum.

People often stop halfway through because they undermine their own abilities, fearing that they are bound to fail.

People are far too worried and frightened about what will happen if they succeed.

Lacking commitment - Every goal, regardless of how small or big it may be, requires a person to have 100% commitment. There is no such thing as "90%" or even "99%" in the process.

If you are committed to a goal, you must be fully committed. Allowing yourself a room of even a single percent would eventually lead to failure.

You must always be at the top of your game and be 100% committed every single day. Some people tend to stop midway because they think they have come a long way, and that they have achieved some of the goal, if not most of it. Do not allow yourself to fall for this trap."

I use meditation every single day not only because it helps me develop further upon my mental toughness, but it greatly helps me in wiping away all the stress that I may have. Meditation is essentially a mind-body complementary medicine.

It is an exercise that helps you create a "deep state of relaxation and a tranquil mind. Focus your energy on the natural flow of your breath.

Whatever thoughts that may come, you are to let them pass without passing any judgment. The meditation you do on your own in a quiet setting is just phenomenal. Allow yourself to have an open mind. Whatever thought that may come to your mind, you must not tie any emotions to it, and allow any such thought to pass through without the need of passing judgment.

Scanning the body This method uses pretty much the same setting with one major difference. This time, instead of focusing our mind on our breathing, we tend to focus on our body and scan it.

Think about it like having a camera that is facing you and starts at the very top of your head. As you breathe in and out slowly, it starts to go down. Visualize every part of the body as the point of focus moves down.

Sense every muscle of your body and learn to feel what pain, relaxation, warmth and tension feel like. After mastering this ability, you will soon gain the ability to know right away which part of your body is stiff, which we normally are told by doctors.

Most of the time, you can then meditate and relax your muscles right away, giving you back all the time and energy to get the job done." It certainly does help me when things aren't easy or when the going gets rough.

It helps me calm my mind, gather my thoughts and regain the energy and focus I need to exercise my mental toughness and move on. However, it

would be wrong of me to say that meditation is the only thing that helps me to move ahead.

Knowing Things Will Go Wrong. Sleep is one great way to remove all your negative emotions and feelings. Remember this too will pass.

Hello Brightside

My goals and my dreams are two separate entities, two separate ideas. They are neither interlinked nor do they share the same path I choose to pursue. Our mind accepts and works upon whatever is clearly defined.

Anything that may have vagueness or confusion or contradiction, it will discard or ignore said ideas right away. Always focus on the goals as opposed to your dreams.

Goals are far easier to achieve, are clearly laid out in plans, and are easily breakable into smaller, more achievable pieces.

Accept Pain

Bye Bye Comfort Zone

Easy on the mind. When we encounter negative emotions, our mind starts depleting its energy twice as fast.

Prepare Your Mind for the challenges ahead.

Keep Distractions at Bay. Get rid of all the distractions, especially when you are in the zone, pacing through your tasks. You need all your focus, energy and concentration to get the job done in time and without compromising.

Make it a habit to tell myself loudly that I am mentally strong - every morning, afternoon and evening.

In order to gain mental toughness, know that procrastination cannot be allowed into your life.

Willpower is defined as the ability that helps you to resist short-term temptations to ensure that you meet your long-term goals.

Willpower is what drives your vehicle of life from here to wherever there is. It is through willpower that you find the courage and energy to do things that would otherwise seem impossible to do.

A person with mental toughness is one who will look for positivity even in the most negative of situations.

Anyone who is mentally tough will always have a mentality conducive to moving forward regardless of how they may feel.

Once again, those who are mentally tough view challenges as opportunities to learn and gain.

It is through confidence that a person is able to create self-belief. The stronger the self-belief, the easier it will be for these people to make tough decisions because they will always know they can get the job done.

They will also be the first ones to stand their ground and will pretty much be unshakeable.

There are a few things that mental toughness works extremely well with. These are:

- Self-discipline
- Habits
- Confidence

They simply do not care of the number of obstacles, challenges, or hardships that may come in their way. Once they have set their sights on a goal

When you have the mental capacity to endure tough situations, handle pressure, stress and manage anxiety at will, there is absolutely nothing that can stop you from achieving your goals and going further than what you thought was possible. *You must control your thinking.*

Through it, you can get to make bold and meaningful decisions in life and enjoy healthy relationships. It is through mental toughness that you will be able to become honest with yourself, explore, identify, and acknowledge your weaknesses and then work on them.

Every problem can be solved, and each of these problems requires you to have some level of mental toughness.

Meditation had the biggest impact on my life. It transformed me into a new, more confident, more mentally tough person. I was no longer enslaved to depression, stress, or anxiety.

Mental toughness is an ability that allows a person to resist, manage, and even overcome doubts, concerns, and worries, among other things.

It is something that allows you to overcome circumstances that would normally block or prevent you from experiencing success, excelling at tasks, or moving towards your goals that you may have set.

Use mental toughness to build a new mindset, and identity, one that will take the necessary action to win.

I will not worry how hard things might become because I know that nothing will shake me off the track and I am supported and guided by Infinite Intelligence.

Once you adopt the winner's mindset, you start performing at your best every day.

By learning mental toughness, you get to develop what is called hyperfocus.

Accept that failure is a major part of success.

If we learn how to train our mind to endure some more physical exertion, we might just be able to work for a few more hours, be more productive, get more done and be compensated for all the extra effort as well.

You may have the optimism that mental toughness brings, and you may have self-discipline, but if you lack the confidence, you will still find yourself stuck in pretty much the same situation. *You need confidence to even take your first step towards your goals.*

If we are mentally tough, we will not hesitate to ask difficult questions to ourselves. We will not back away or find excuses to not accept our errors. We will seek out such weak spots and try to improve upon them with time and experience.

You may have optimism, and you may have self-discipline, but if you lack confidence, you will still find yourself stuck in pretty much the same

situation. You need confidence to even take your first step towards your goals.

With that said, if you were to add together both confidence and mental toughness, imagine the kind of success you can fetch for yourself. You will virtually be a force to be reckoned with.

Whatever you sight your sights on, you'd have the mental toughness to take on challenges in a positive manner and have the confidence to address tough situations, take bold initiatives, and represent your image, personality and brand in ways inconceivable to you previously.

Promise yourself that you will do what it takes to change things around, just to get on top of your game.

The only thing you can take responsibility for is yourself, and that alone is enough.

The last three or four reps is what makes the muscle grow. This area of pain divides the champion from someone else who is not a champion.

That's what most people lack, having the guts to go on and just say they'll go through the pain no matter what happens." - Arnold Schwarzenegger

Mental toughness and willpower are interlinked with one another.

With each setback that comes your way, ask yourself some hard questions. Answer as truthfully and honestly as you can as this will allow you to clear things up and help you to move on easily.

- Am I being too hard on myself?
- Is this goal still important to me?
- Are my negative thoughts distorting the view?
- What made this goal important? What was my purpose behind pursuing this goal?

What positive came out of this setback.

Whatever we have learned so far, it is consistency that keeps the momentum going forward. You start today, and a year down the road, you will have momentum that has kept on building for 365 days. Miss out a single day and you immediately break the momentum.

Despite the tasks being small, celebrating their completion plays to your psychological advantage. It keeps you motivated, knowing that you have done your tasks, regardless of their size or complexity.

Self-control is the power to suppress an impulse to behave properly.

You can make your life better one step at one go, one step at one go, you can move from good to great, on the way to a greater life.

Goals There are several different things a goal can be. But a desire, or a wish, is what a target is not. I dream of having a house of my own. I intend to take care of my health in a better way. Those visions are wonderful and admirable. But they're not goals.

A Goal Tree is like a performance chart; once it is achieved, each move is colour-coded over time, so you can quickly review the progress at a glance.

We can learn new skills and set a more challenging future as we see our performance towards a goal as satisfactory.

When assessing and enhancing results. If the task's complexity is too high for their skills, even the most motivated individuals will become disillusioned.

Excessively complicated tasks impose conditions that can mute the benefits of goal setting. It may become frustrating and have a detrimental effect on morale, performance.

Goals must be ambitious and attainable. Via improved self-satisfaction, or the motivation to find effective solutions to drive our abilities to the edge, ambitious targets will boost results."

Whether you set a goal for yourself or others, you must have the desire and a thorough understanding of what is needed to accomplish it to be successful.

Given the commitment to a goal, if a person discovers that their performance is below what is required to achieve it, they are likely to raise their effort or change their strategy.

Commitment refers to the degree to which, even when faced with obstacles, a person is associated with the goal and their commitment to achieving it.

Confidence and belief in our ability develop with the knowledge and partial achievement and the positive emotions which accompany it.

Getting started is always the toughest aspect of a passionate project. It's a lot simpler to keep moving until you hit your groove, building off the momentum. But first, to get over the initial barrier

Rewards can be a great motivator to get started. To meet those milestones in your project, you may come up with a few minor indulgences."

A major part of not starting is being afraid of disappointment. Start anyway!