

Mentally Tough!

Tips to help you to gain more mental toughness in everything you do.



BY JENNIFER ATKINS

1 PREPARE FOR BATTLE!

Knowing you are prepared to tackle whatever comes your way will give you confidence. Having an unwavering belief in your abilities to reach all your goals provides ideal conditions for mental toughness - the foundation of success.

2 LEARN FROM OTHERS

Read books and listen to CDs or DVDs telling of winners who have overcome tremendous obstacles and setbacks to become successful. Check out success stories in magazines and on the internet. Whether these stories are fitness, money or otherwise related, you can still learn from their success. If they can do it, why the hell can't you?

3 BE CONSISTENT

It can be frustrating when you are giving something 100% and see little results from your efforts. Remember that success doesn't happen overnight - it takes time. It can be easy to overtrain, overcommit and overwork if your expectations are too high. Go with the flow. Success will come if you are consistent and persevere.

4 STOP THE "WHAT IF?" THINKING

This only creates doubt which in turn leads to fear. And when fear raises its ugly head, faith disappears. If you ask yourself lousy questions, you can only get lousy results. Instead, give yourself a solution-focused approach by asking "what do I need to do to achieve what I want?" Don't dwell on what went wrong. Spend your energy on moving forward and finding the answer. Writing in a journal can help here. What did I accomplish today? What went well? What can I do better? How do I feel about my progress? Are my actions taking me closer to achieving my goals or am I just going through the motions? Am I focused? Are my goals my own?

GET COMFORTABLE WITH THE UNFAMILIAR

By pushing out of your comfort zone, you grow. Without the unfamiliar, there can be no growth. Today, make a commitment to step out of your usual routine and challenge yourself to do something new. Winners constantly push beyond their comfort zones despite how painful or scary it can seem at times. This is a sure-fire way to build your mental toughness. Without it, there can be no success.



DON'T BE A VICTIM

Life is going to dish you up some fantastic stuff but also you're going to get your fair share of the tough treatment as well. It is very easy to be confident and happy when things are going well but, of course, it's not so easy when you feel your world collapsing around you. Mental toughness doesn't mean losing the plot and heading straight to the freezer for the family-size container of ice cream. When things don't go according to plan, it's time to flex that mental muscle, take responsibility, give yourself a hug and move on.

MIX WITH THE RIGHT PEOPLE

Hang out with people who have already achieved their goals or who are dedicated to goals similar to yours. Avoid associating with people who have the same unresolved problems or who are frustrated by their lack of achievement. You know; the people who come to your pity parties. "Oh, woe is me. My life is crap. How about you?" Some people tend to thrive on the attention they get when they feel bad. A strong community of like-minded people gives you motivation, support and purpose to help you succeed.

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FOCUS ON YOUR DESIRED RESULTS

Pure and simple: winners dwell on the rewards of success. Losers focus on mistakes and failure. Do what's necessary NOW. Be in the present. Then you don't have to worry about what happened yesterday or what's going to happen tomorrow. Thus, two-thirds of your worries disappear.

EXPECT THE UNEXPECTED

You can't control nature or what others do, however, you can control your response to what happens. You can anticipate what may happen and prepare for that as best you can. If something is totally out of your control, let it go and put your energy to good use instead of wasting it on worry.

"Don't be afraid if things seem difficult in the beginning. That's only the initial impression. The important thing is not to retreat; you have to master yourself." - Olga Korbut, Olympic gold medal gymnast. 🕒

To your success,

Jen

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