



**THAT WHICH WE OBTAIN TOO
EASILY, WE ESTEEM TOO LIGHTLY.**

- Thomas Payne -

Mental toughness and resilience, like anything else, is a learned skill. Repeated practice will make you tougher, period. The problem is most people aren't willing to deal with small amounts of discomfort over time. They wait for the big moment to come for which they are woefully unprepared. If you increase your tolerance little by little, you will be better prepared for whatever life throws at you. It doesn't happen overnight, but the juice is worth the squeeze.

STRATEGIES

01

Cold showers

- Start by ending each shower with the coldest water you can tolerate; aim for 30 seconds initially
- Progress the length of cold exposure gradually as you adjust
- Keep increasing the duration until you can take an entire shower on ice cold
- Note that you don't NEED to do this every time you shower, but having the capacity to do it is important

02

Morning routine

- Wake up to your first alarm; penalize yourself for snoozing or sleeping in (burpees, extra cold time in shower, etc.)
- Start each day with gratitude to put your struggles into perspective
- Try incorporating power phrases (positive self-talk internally before you get out of bed)
 - Create a personal mantra like "I am strong" or "I am capable" that supercharges your morning

03

Nighttime routine

- Create your action list and brain dump at night
 - Write down what you need to do the following day, and list in order of importance
 - Write down everything on your mind: all stray thoughts, concerns, ideas, etc. so they don't keep you awake
- The next day, tackle your hardest task first; you don't need to complete it, but make sure you START before you do the easy stuff

04

Training/fitness

- Do one more rep than you want to before resting; eventually this becomes 2 or 3 reps
- Add in one workout a week that scares you
- Learn to breathe through hard workouts and take things one step at a time
- Put an event on the calendar that will challenge you, and force yourself to prepare for it

05

Face your fears

- Actively put yourself in positions that scare you
- Consider signing up for a class or activity that makes you uncomfortable
 - Public speaking classes
 - Acting classes
 - Challenging fitness events
 - Music classes
- Consider leveraging social pressure: recruit a friend to do it with you or tell someone else you plan on signing up





While not complete, this list of strategies will go a long way in helping you build mental toughness and resilience. If you struggle in this area, don't expect things to change overnight. By incorporating these strategies on a regular basis, your capacity for discomfort will improve.

Remember:

The goal is consistency, not concentrated efforts followed by inactivity!

