

# 10

# Everyday Ways to Build Mental TOUGHNESS



1

## Be Honest.

Mental Toughness depends upon this skill.

**Ask a Question.**  
Listen as if they are correct.



2



3

## Write Out Your Daily Goal.

How can you get just 1% better today?

## Get Your Workout On.

Everyone is an athlete.



4



5

## Wake Up 15 Minutes Early.

Will you pass the first test of the day?

## Work Through Lunch.

“Lunch is for wimps” – Gordon Gekko



6



7

## Turn Off Your Phone.

Go un-interrupted with your work for set periods of time.

## Don't Wait Finish The Hardest Task First.

You build confidence through action.



8



9

## Take 30 Seconds Of A Cold Shower.

It won't kill you, so can you do it?

## Forgive Someone.

Change the way you feel about someone by the way you treat them.



10