



MENTAL TOUGHNESS CENTER

How To Build An Unbeatable Mind

TRAINING TACTICS

Training Module #1

How Authenticity Can Be The Key To Your Success

WHY BEING GENUINE GIVES YOU THAT EXTRA EDGE

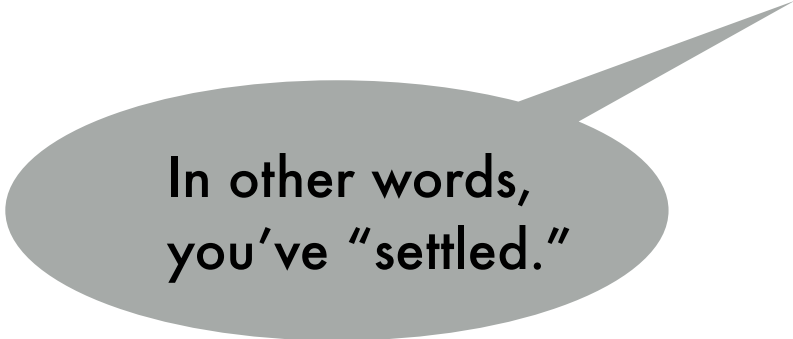
Align Yourself With What Matters To You

One of the quickest ways to gain clarity about whether you're living your life in accordance to your calling is to conduct a quick assessment. Assign a numerical number between 1 and 10 to each area listed below.

1 means not satisfied and 10 means completely satisfied. Remember that a 10 does not have to mean perfect.

<u>Area of Your Life</u>	<u>Your Rating</u>
Family	
Career	
Health	
Financial	
Education	
Recreation	
Charitable	
Spiritual	
Adventure	
Travel	
Romance	
Relationships	

Note that 6's and 7's are the most difficult numbers because they mean you're not unhappy enough to do anything about it, but a long way from being satisfied.



In other words,
you've "settled."

Delete every number that is not an 8, 9, or 10.

Either you have what you want or you don't.

Anything below an 8 means you are not fully aligning yourself with what matters to you.

You're not following your heart but you haven't faced up to it yet.



Questions to ask

What areas of your life are the most fulfilling in your life?

How do they give you a sense of purpose?

What can you change about the areas of your life that are not fulfilling?

What is missing?

List the activities, people, or projects that would give you more meaning and purpose.

How can you add them to your life?

What do you need to change?

How are you planning to make those changes?

WHY YOU CAN'T SEPARATE HEART FROM MENTAL TOUGHNESS

TODAY'S CHALLENGE:

Pick up a notebook and write down the answer to these questions:

How can I rekindle the passion I had as a child?

When is the last time I actually played?

Who is the happiest person I know?

Why is that person happy?

What is the source of their joy?

Is there a lesson I can learn from them?

Who are the people I like and respect the most?

WHY do I respect them?

What are the qualities and characteristics I most admire?

Are they same the qualities and characteristics that I possess?

Why not?

How am I following my calling?

When do I feel fulfilled and full of purpose?

Is it in the activities you perform, in sharing knowledge, in helping people?

These are questions that only YOU can answer.

Am I willing to accept responsibility for the choices I've made in life?

This is important because strong minds accept responsibility and do not blame others.

Don't beat yourself up for mistakes; instead, LEARN from them!

HOW SELF-KNOWLEDGE CAN EMPOWER YOU

1. Remember the Crossroads

We have all been forced to make choices.

Many of them had little impact on the direction of our life.

Some, however, were big ones—crossroads choices—that moved us in a new direction.

Concentrate on one period of your life at a time.

Go back to a particular period in your life and identify a crossroad event

Write up three paragraphs describing the crossroad event as best you can

Focus on the key factors that influenced your decision

Would those same factors influence your decision today?

2. Consider Your Life Direction

There may come a time for you when you can revisit a crossroad and take another look at the road not taken.

Earlier in your life, it may not have been an option but now the time may have come to reconsider. This is one way to discern where to go in the future—by revisiting crossroads from the past and deciding whether now is the time to explore the path not taken.



If so,
ask yourself these questions:

Why does this road still hold interest for you?
What price would you have to pay to travel it?
What good comes from walking it?
How would it affect your life?

3. Identify Patterns in Your Behavior

You can only be your best as you are now, not as you used to be or what you will be five years.

You can use the past as a tool to help you gain insight into your current behavior. Take a look at your life and look for the following:

Skills – what are you good at? What have you been trained in?

Service – what forms of service have you tried? Enjoyed?

Success – where have you found success in your life?

Failure – where have you been less than successful?

Joy – what brings you joy in life?

Longings – what have you always wanted to do?

- 1. As you explore these different areas, let the positive patterns take over.**
- 2. Learn to cherish the behaviors that bring you fulfillment and success.**
- 3. Find those patterns of behavior that are your ally and recognize those that are self-defeating so you can choose to not repeat them.**