

5 SECRETS TO A Strong Mind

Do the things you hate

Face the situation and believe you can do it. If you avoid something--running, weights, yoga-- it's a sign that's the activity you need to do. Because, let's be honest, you likely skip it because you're bad at it or it feels difficult.

Exercise your mind

You are most likely aware that exercising your body and keeping it fit and strong is good for you, but what about your mind? Do you make efforts to develop your mind's strength? Harvard neuroscientists discovered that regular meditation practice reduces stress, increases concentration and promotes cognition, excellent memory and longevity. The more you practice, the more you benefit.

Get Uncomfortable

Do something to take you out of your comfort zone longer than you want to. Challenging yourself in small ways lets you see how much more you can endure-- and over time, challenging yourself becomes a habit. Having the courage to face the reality of the obstacles in front of you, and reaching deep within for the resolve to overcome them.

Find people who push your limits

"We rise by lifting others." Seek out people who will join you in something that you are hesitant to try or go to. Having an accountability partner will increase your odds in commitment and motivation.

Talk back to doubts

Whether you're sprinting up a hill or running a marathon, at some point you'll inevitably wonder, "Can I do this?" It's what you think next that matters. It is important to be relentlessly positive in answering doubts, telling yourself "I've done harder things than this before" or "There is no way I'm quitting. Saying this to yourself makes it so much more likely that you will achieve a goal.