

Mental Toughness

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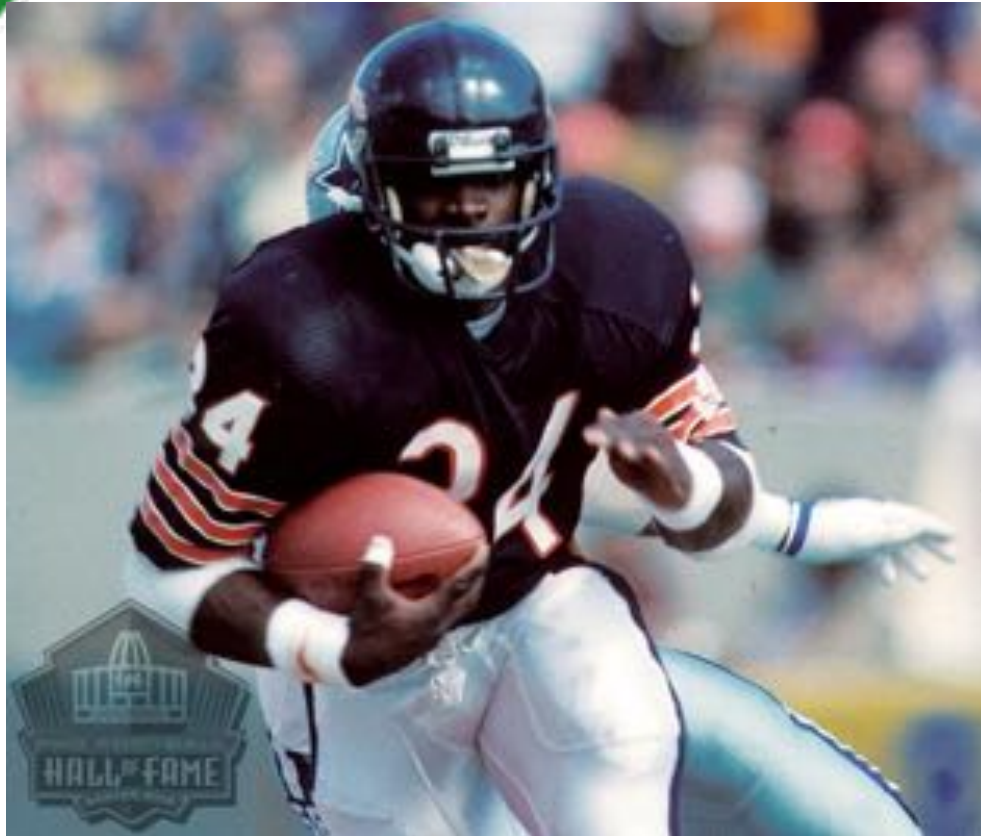
I believe this. I have always liked this. I was forced to dig deep on numerous occasions and always thought of Ken's words.



Mental toughness - Some call it “resilience” or even “grit”

is the passion and perseverance for long-term and meaningful goals. It is the ability to persist in something you feel passionate about and persevere when you face obstacles.





4 C's



(Clough, Earle, & Sewell, 2002)

Confidence

According to financial guru Robert Kiyosaki, “Confidence comes from discipline and training.” Having confidence means believing in yourself. It’s knowing deep down that you will reach your goals. True confidence also means not giving up when things become challenging or don't go as smoothly as you had hoped.

Build your confidence, don't listen to negative self talk, move forward positively, and don't obsess on one thing.

<https://youtu.be/w-HYZv6HzAs>

**Inch in a lifetime of miles.
-Dan's Dad**



Challenge

Challenge is something that many people are afraid of or try to avoid at all costs. Yet a mentally tough person welcomes a challenge. Life is a marathon, not a sprint. The idea here is that “what doesn’t kill you makes you stronger.” Whether the outcome is good or bad, challenges often teach us a lesson. Mentally tough people thrive on challenges and see them as an opportunity to learn and grow.

**[CHALLENGE
ACCEPTED]**



Control

Don't waste your time complaining about what you can't control. This is largely a mindset issue, which is intertwined with confidence. Mentally tough people believe they have control over their life, their attitude, their emotions and their life's outcomes. Despite curveballs and missteps, they persevere until they know they can reach their goals. Stress in situations you can't control, but you can control how you respond to stress.

Commitment

Tough people are committed to achieving the outcomes they desire. Commitment, or “stickability,” means setting up specific goals and doing whatever it takes to achieve them, despite setbacks, critics and occasional failures.

Failure doesn't define who you are. Failing only means that you need to improve certain skills. If you are committed to overcoming this temporary situation, success is around the corner. Embrace the good and the bad.

"I WILL"

Keep Working

Mental toughness is an important leadership quality. However, leaders are not born with this trait. It's a characteristic developed over time. If you work on improving each of the four C's in your life, one at a time, you will progressively become a compassionate yet tough professional and human being.

Move forwards never backwards.



Thank you