Twitter Thread by Mindset Machine ■

Mindset Machine ■
@Mindset_Machine

If you want to become "mentally tough", read this:

Building mental strength is fundamental to living your best life.

Just as we go to the gym and lift weights in order to build our physical muscles,

We must also develop our mental health through the use of mental tools and techniques.

And to help you with this... ■

In this thread, I will be sharing:

A. 5 Ways to Build and Improve Mental Toughness

B. 5 Exercises to create an ‘armored mind’

Let's get into it:

A.1. Master your emotions:

Our emotions play a big role in how we act or react to negative situations.

It’s therefore important internally to understand and acknowledge your feelings, and how they affect our decisions.

Your dominant thought often dictates the end result!

2. Set New Goals:

The ability to:

- develop new goals
- develop actionable steps to achieve those goals
- and to execute on those goals

Help to develop willpower and mental resilience.

3. Small wins make for big gains:

Simple wins in life make us feel good and through feeling better we become mentally stronger.

Set yourself small targets that you can easily tick off,

The goal here is to set yourself up for success, not failure.

4. Focus on making yourself happy:

You feel mentally stronger if you are happy.

The fear of disappointing others may hold you back,

So you need to avoid making compromises to please others at the expense of following your dream.

5. Forget about your past:

Energy is powerful, so focus on what makes you productive.

Dwelling on your past failure or success may deter you from achieving your goals.

Whether you have had a good or bad past, you need to put it behind you and focus on your new target.

B. 5 challenges will help you sharpen your mind and create an ‘armored mind’.

Note: These challenges are inspired from the book "Can't Hurt Me" by David Goggins.

I have sorted them from the easiest to hardest: ■

Challenge #1:

Create Your Identity with the Accountability Mirror.

What is it?

The Accountability Mirror method is when you put post-it notes with your goals on your mirror so you see them every morning.

■ Write this out and don't use a digital device for this practice.

Why this method?

This practice is all about self-improvement and self-discipline.

It’s about being honest with yourself and checking in with yourself and your goals every day.

You will hold yourself accountable to the standard you want for your life.

Challenge #2:

Write Down the Things that Make You Uncomfortable.

The idea here is to come face to face with your fears.

I'm not talking about staring down the barrel of a gun

I'm talking about the things you know could be good for you if you were willing to try them.

Why this method?

Doing things - even small things - that make you uncomfortable will help you get strong.

When you get strong, mentally and physically it’s hard for people to get under your skin.

You become resilient.

Challenge #3:

Break Your Goal Down into Small Tasks:

Simply break your big goals (sometimes called the BHAG or big hairy audacious goal) into smaller, more attainable goals.

Why this method?

Breaking your goal into small tasks helps you feel satisfied when you complete them,

It helps you build a system for daily success and helps you build momentum.

Challenge #4:

Visualize Your Goal:

The average person thinks 2000-3000 thoughts per hour.

Rather than focusing on bullshit, you cannot change, imagine visualizing the things you can.

Why this method?

A visualization is a powerful tool for turning your ideas into reality.

Visualizing helps to activate your subconscious mind and programs your brain to achieve your goals.

Challenge #5:

Taking Souls.

What is it?

Choose any competitive situation you're in right now and do whatever it takes to be EXCELLENT.

The idea is to dominate by working harder than anyone could ever expect of you.

Why this method?

This forces you to push yourself harder than ever before for your personal glory of knowing you've achieved excellence.

This is an advanced tactic for those of you willing to push yourself to the brink.

Conclusion:

Building mental strength is fundamental to living your best life.

In order to be mentally healthy, we must build up our mental strength!

It is something that is developed over time by individuals who choose to make personal development a priority.

If you want to develop into the best version of yourself

Start reading "Awakening"

It will help you become:

- more focused
- more confident
- more disciplined

Get the book here: https://t.co/3UkGNV8QY1

And that's a wrap!

Thank you for reading! ■❤■

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I'll send it to you.

https://t.co/WDrcWFbSvT

> If you want to become "mentally tough", read this:
>
> — Mindset Machine \uea00 (@Mindset_Machine) April 4, 2022

P.S: I'm looking for 3 more people who are interested in growing their brand on Twitter

It doesn't matter if you're a newbie or already trying to grow.

We will help you blow up on Twitter in terms of money and growth.

DM me to get started.

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