



# **MENTAL TOUGHNESS CENTER**

## **How To Build An Unbeatable Mind**

# TRAINING TACTICS

Training Module #4

How To Find Your Inner Warrior

**BE IN CONTROL OF YOUR LIFE**

## Grit Trumps Talent

Grit—defined as passion and perseverance for long-term goals.

Grit is the best predictor of success.

**FACT:** Grit is unrelated to talent. West Point cadets who scored higher on grit than other tests such as SAT scores, IQ, class rank, leadership, and physical aptitude were more successful.

## Failure Is An Option

Failure offers the gift of bringing priorities into focus. Failure brings clarity. If you risk losing something important, you will work hard and do what it takes to tackle the obstacle that stands between you and success.

1. Reflect, articulate what you've learned from your failure, recognize how it has made you stronger.
2. Validate your learning.
3. Look at your decisions as experiments, not final choices.
4. View your life as a petri dish that provides new insight into what works, or doesn't, and then move on.
5. Learn the right lesson from your failure, so do not brush them aside.

## Stress Can Make You Strong

The more we stress our brain, those neural pathways get stronger.  
That is why practice—the repeated firing of neurons—leads to improved performance.  
As they work together, they wire together  
We rarely embrace hard work that stresses our brain, but our brain actually get stronger from it.  
Stress (in moderation) is not the enemy in our life; paradoxically, it's the key to growth.  
When we learn something, new neural pathways are formed.  
That's how we re-wire our brain.  
By strengthening existing connections and forming new ones in the brain.

**GIVE YOUR CAREER A BOOST**

## List The Barriers That Are Keeping

**YOU**

## From Doing What You Want!

Make a list of your self-limiting beliefs

Schedule an hour for thinking about barriers that are preventing you from doing what you know you can, and should, be doing.

Educate yourself on what your barriers look, sound, and feel like.





## Where do I start?

1. Succinctly identify your self-limiting barriers.
2. Prioritize them in a manner that is significant to you.
3. Focus on the barrier at the top of your list.
4. Take only one barrier at a time so you don't feel overwhelmed.

## Explore how to overcome the barrier

Note the articles you plan to read

Books on the subject

Blogs you will visit

Ideas you intend to explore as you think about how to overcome it.

6. List the people you want to meet who have information that may be helpful to you.
7. Create a plan of action.
8. Ask trusted friends to be your personal “board of advisors” to hold you accountable to your course of action.
9. Describe the steps you will take to make the changes you need in order to break through your barrier.
10. Celebrate your success as you go with friends, family, and your trusted board of advisors.
11. Repeat with the other barriers, one at a time.



**Start  
with baby steps!**

**THE NUMBER ONE SKILL IS NOT  
GIVING UP**

## A FIXED Mindset

If you have a “fixed mindset,” you believe your qualities are something you were born with and cannot be changed.



I was born:  
Intelligent  
Attractive  
Talented

You rely on those traits to get you through—your teachers and parents often praised you by saying things like

“You did well because you are so smart” or “You did well because you are so talented.”

You tend to believe that your intelligence, looks, or talent will create your success.



This is the way I was born

## A GROWTH Mindset

If you have a “growth mindset,” you believe you can develop and grow the basic qualities you will need for success.

I can learn to be:  
Intelligent  
Attractive  
Talented

You believe your basic abilities can be developed—your teachers and parents often praised you by saying things like “You did well because you worked hard” or “You did well because you worked at it until you developed the talent you needed.”

All successful people have have a growth mindset and love learning how to accomplish great things.

I can learn to be the  
smartest person in the room