

# 10 WAYS

YOU GROW  
MENTALLY STRONG



## USE YOUR BRAIN



1. When my heart and brain fight it out, I will not fall victim to what my heart tricks me into believing.

## REFLECT

2. When I face a setback, I will reflect on it and then use it as a defining moment leading to my future success.



## ENJOY THE RIDE



3. When I am faced with taking a detour in life, I will simply consider it as taking the back road and I'll enjoy the ride until I get back onto the main highway.

## HAVE FAITH

4. When I face fear, I will let my faith be greater than my doubt.



## BE CONFIDENT



5. When self-doubt begins to creep into my life, I will remember that if I doubt my abilities, so will everyone else.

## SOAR NOT SINK

6. When a person tries to minimize my life and bring me down, I will remember that I will not give them the power to control my thoughts. I will soar instead of sink.



## THE POWER OF NOW



7. When the past keeps taunting me, I will focus on the power of now because a new future will give me a new past.

## POSITIVITY

9. When I open my mouth to complain, I will remember that negative thoughts breeds negative emotions.



## REZONE YOUR COMFORT ZONE



10. When I grow afraid to dip my toe in uncharted waters, I will remember that nothing incredible ever happens by staying put.