The Secret of Becoming Mentally Strong

Try to imagine holding a feather for an hour. I assure that it will not give a single sweat holding that. But when you will hold it for an hour, that time you will feel it becomes heavier to the extent it will hurt your shoulder. That is because even how small the problem is if you will always think of it, that will bring you down. If you will prison yourself from the problem of the past or anything bad in the past, it will stress you and it will darken the view of your future. So put aside the bad experience from the past and welcome the positive inside you.

Mental Toughness: Think Differently about your world | Dr. Sean Richardson

Avoid taking a plan B. Take the risk of falling, don't be afraid there is no such success without falling. Taking that safety harness will not strengthen you in trying big things because you had in your mind that you have something in your back to lean on. "Embrace failure in order to create opportunities", it doesn't mean you're falling you're weak try to stand up every time you fall because standing up after each fall creates a muscular endurance for the next fall and it will not be as hurt as before. To succeed each must fall because life is not designed to be straight it always bends.

How to Manage your Mental Health | Leon Taylor

Human mind creates the reality of what he thinks. Anytime we think of a problem we are stressing ourselves and we are creating that reality to ourselves. We let our problem pull us down, we let our emotions tear us apart. It is good that we remember our problem but it is not good if we always think of our problem. By being positive within ourselves we let our mind produce hormones that will convert our problem into an opportunity that can be solved.