

Mentally Strong Formula

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Synopsis

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How can I achieve mental strength?

I want to be mentally and emotionally strong and smart but how do I know if I am the right candidate to learn these skills and how will I recognize what mental strength even looks like?

Self-motivation is key to being mentally strong. You can make your own decisions about how to spend your day and with whom. If you decide to go to the gym or take an early morning run through the park, you do not require support, encouragement, or the promise of a reward to complete the task you have set yourself.

Self-competition is a second important aspect to consider. People who are mentally and emotionally strong believe in themselves. They have assessed their own strengths and used these as the foundation for their personal positive growth and development. They have also acknowledged their weaknesses and instead of sweeping these under the rug, they have faced them and made an effort to replace them with positive behaviors and thoughts.

Reader's comments

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