

How to build your mental toughness

In this simple and short pdf I will walk you through step by step on how to build your mental toughness through control of your emotions. The key to be successful in this method is to have an open mind and to be patient. The results WILL come.

Without further adieu, here are the five simple steps...

Oh and by the way, if you are new to meditation it's smart to start with a shorter amount of time (Fifteen minutes) as you want to get comfortable being uncomfortable.

1. Find a quiet and comfortable space: Start by finding a quiet and comfortable space where you won't be disturbed. You can sit on a cushion, chair, or lie down if you prefer.
2. Set a timer: Set a timer for your meditation session, starting with a shorter time, and gradually increasing as you become more comfortable with the practice.
3. Observe your thoughts: Close your eyes and begin to observe your thoughts. Notice the thoughts and feelings that arise, without holding onto them or reacting to them. Simply allow them to come and go without judgment. If you find it helpful, you can also focus on your breath as an anchor for your attention.
4. Be patient and kind to yourself: Don't worry if your mind wanders during your meditation practice. It's natural for the mind to wander, and the practice is simply to observe your thoughts without holding onto them or reacting to them. Be patient and kind to yourself as you develop your meditation practice.
5. End your session: When your timer goes off, slowly open your eyes and take a few deep breaths. Take a moment to notice how you feel before you go about your day.

However, the key to this type of meditation is to observe your thoughts without holding onto them or reacting to them.

With practice, you'll develop a greater sense of awareness and detachment from your thoughts and feelings, which can lead to increased focus, clarity, and emotional well-being (aka having mental toughness).

P.S. If you have any questions or concerns about the steps above feel free to [click here](#) and message me on Instagram, all love!