

# Mindset, Mentality & Mental Toughness



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So why should we care about mental toughness and how developing it is going to help us in the future?

To answer this question it would be better to look at what mental toughness is and what it isn't. Many people make the simple mistake of thinking that mental toughness is about walking through walls with broken limbs, blood pouring everywhere and a matter of life and death, but this could not be further from the truth.

Mental toughness in simple terms is about approaching every day challenges with a structured and simplistic strategy that helps you to face challenges head on rather than avoiding them, by taking opportunities rather than letting them pass by and having the ability to think appropriately when under pressure. This strategy and thinking pattern will allow you to face anything in a calm, structured, confident and focused way to give you the best chance of a favourable outcome, not once but everytime.

This thinking and a plan to follow, allows anyone to hone in on the issue at hand and have the belief that they have the internal resources to overcome the demands that are placed upon them. This reduces stress, pressure and anxiety and frees up valuable mental resources and brain glucose to give you a controlled, methodical and can-do attitude.

This mental control allows for better decision making, problem solving, mental health, wellbeing and successful outcomes from peak performance under pressure. Many things that seem unsurmountable to others will become a challenge to the mentally tough individual that they know they can overcome. Their health is better, their results are better and their outlook improves considerably.

How do I know? Well I have worked in many high pressured performance fields for many years within sport, business, military, performing arts and high pressure vocations. This development works and it works irrespective of your gender, ethnicity and social status, what's more it can be achieved for very little financial investment. If doctors could bottle it and sell as a potion or a pill, it would outsell statins, anti-depressants and gastro disease drugs combined.

The pill would give you your control back, it would help you relax, it would clear your cluttered mind, it would improve your attitude, it would instil self belief and much more. How much would you pay for a pill like that? Well there is good and bad news. The bad news is that there is no pill but the good news is that apply a few changes in your mentality and mindset over 10 minutes or so a day and it will be similar to taking that medication.

Whats more I am here to pass on my experience to you and show you how this state or trait accordingly can be yours in no time at all. Think of it from now on as your mental toughness muscle situated somewhere between your pre frontal cortex and your limbic system. This passageway in your brain will learn that there is 4

steps to take along this journey starting today. But like any muscle it can do 3 things:

- 1. It can shrink due to lack of activity and use.**
- 2. It can stay the same because we just do enough each day.**
- 3. It can grow in size and strength if we keep exercising it.**

Which one are we aiming for? Yes obviously number 3. Applying little strategies each day builds up momentum and direction and starts to make the passage easier each time to transit. In brain chemistry and structure we are talking about building neural pathways and strengthening them constantly to make movement easier for the brain which is exactly what it likes, because little effort means it can save glucose for those automatic processes going on all over the mind and body.

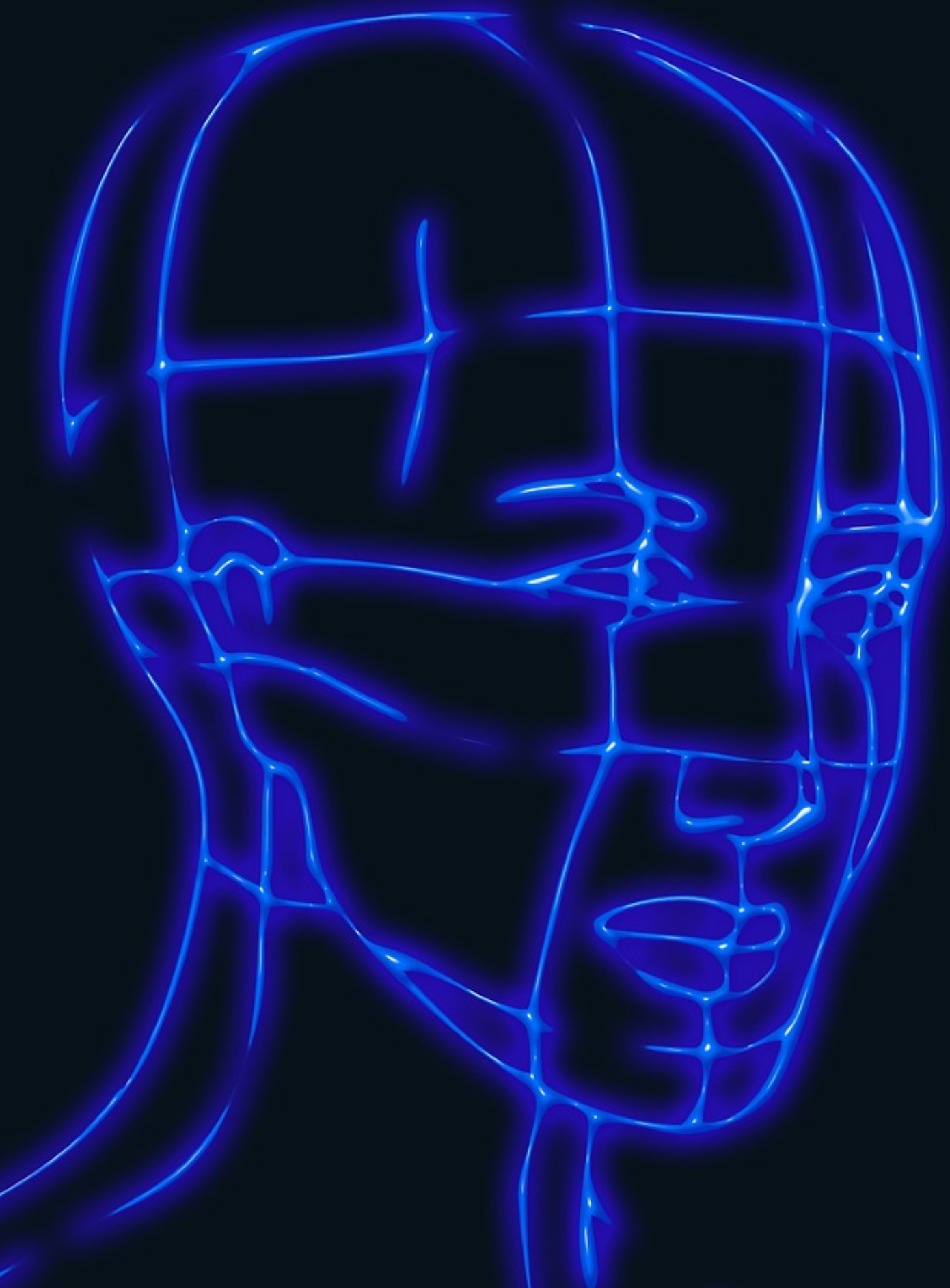
Over the years my biggest challenge has been helping people start the process. They understand the benefits as they see examples all over the world through sportsmen who train for years day in day out in the belief of winning that medal, they see the military holding their nerve and focus when their lives are in danger, they see dancers and singers walk out and be perfect in front of audiences of millions and they see great leaders making the perfect decision at the right time and so on.

So what I have done is structured my own approach in a linear direction that can be easily understood and not in any way complicated. This linear curve has four steps along the line and they are:

- A. Reclaim your mentality and winning mindset**
- B. Reprogram your mentality and winning mindset**
- C. Reactivate your mentality and winning mindset**
- D. Re-ignite your mentality and winning mindset**

The following pages will address each step in turn and in order so you can understand the philosophy of my approach. The point that I would like you to take on board now is that there are direct relationships between what you think and how you feel and how you then behave from that and how you behave is the output of your performance and that is going to be good or it's going to be bad. If you want good then let's change thinking and let's get our emotions into order and the perfect actions will follow. This is not touchy feely, this is brain science, so stay with me here. **If you need help see our Online Digital Programs.**





**Step 1: Reclaim your winning mindset**

So now that we know about the benefits that can flow from mental toughness, let's consider how we go about developing it. This is how step 1 begins. It is about reclaiming your mentality back from the past, the present and the potential future.

When I talk about reclaiming I mean that we have to start making some changes to our psyche by drawing a line in the sand, and we do this because if we carry on like we are then we will get what we have always got. We need to make change and that change starts today.

The drawing of the line in the sand is to stop rubbish flowing into your mind from now, otherwise it will keep permeating through your psychology and emotional states until you are the same today as you was yesterday and that is not a journey, that is autopilot. Think of it as any system, inputs in, processing done producing outputs out. As simple as that, so in step 1 we are going to change the inputs.

Think of your mind as this, in reality we have an area that is available for doing great things like making decisions, solving problems, creating plans, executing strategies and so on. This area is a particular size, so if we do all the above we will become mentally stronger and more successful. However, what would happen if we fill that space with rubbish talked about in politics voiced through the media, read politically biased newspapers, engage in office politics and gossip, take on the opinions of our peers, the church, our schools and in fact our parents.

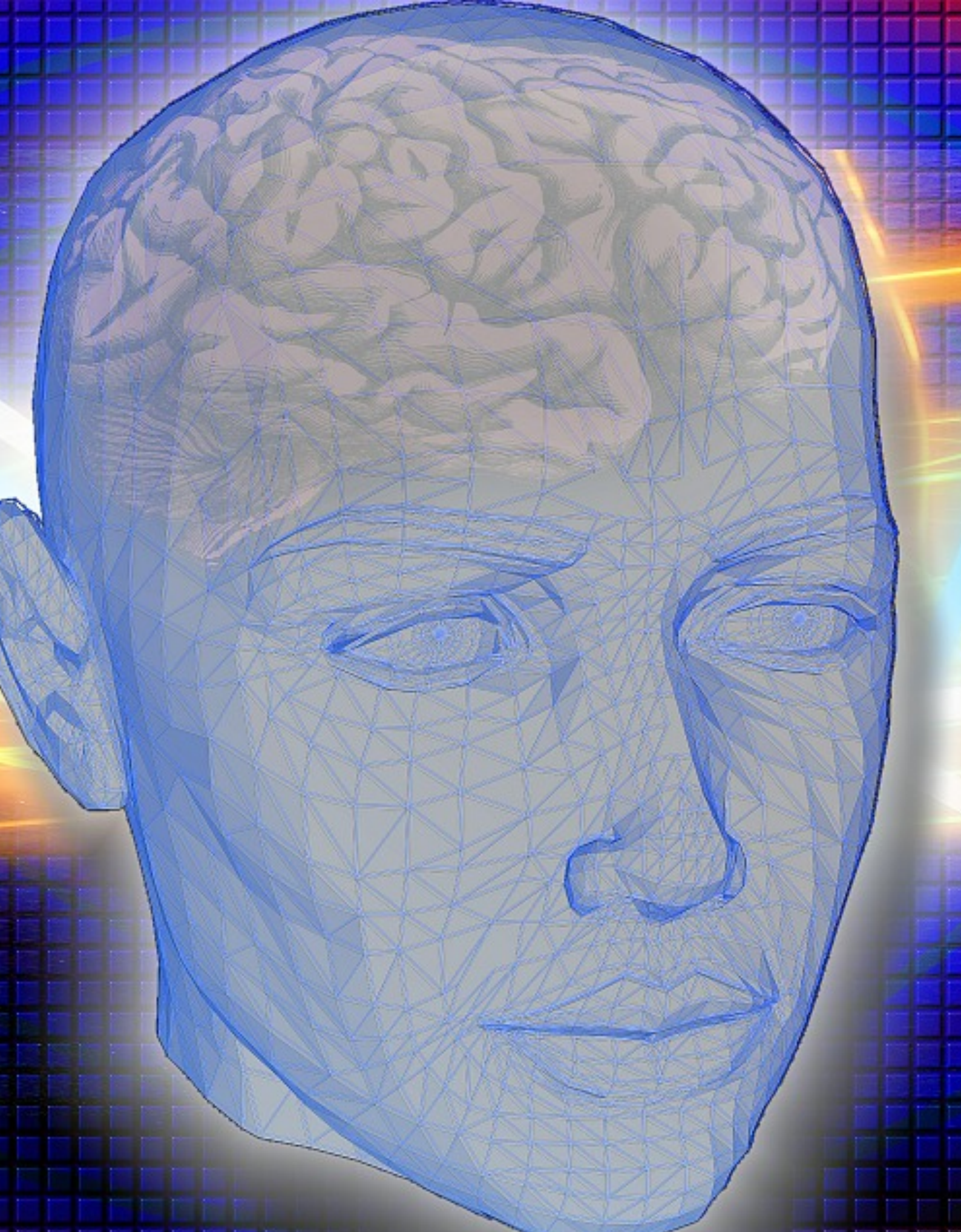
Can you see how this can affect our mindset, beliefs and values in life, and what's more it fills that small space up leaving no room for creativity, leadership, empathy, compassion, success etc. So now what happens is that we make decisions when tired or wired, we have no time for others, our plans go on hold for another day and so on. The reason, we have chosen to fill that small space with the rubbish of others and there is nothing left for us. The glucose in the brain is consumed leading to tiredness, irritability and lethargy.

Then the next day we do the same thing and every other day. The tiredness leads to anxiety and stress and pressure can drive this towards depression and unhappiness.

So the plan is to take ownership back of your mind and that starts with putting the filters up from today. These barriers reflect rubbish away leaving you to be in optimal state. You will notice immediately that things have changed and your mind and body feel clearer, energised and focused. So the steps today onwards are:

- 1. Turn off the news and don't read newspapers**
- 2. Stay away from negative people**
- 3. Don't let tv programmes PROGRAM you**
- 4. Start to question everything**
- 5. Do not worry about the past**
- 6. Think about changes that affect your mindset (relax, sleep, diet, exercise)**





**Step 2: Reprogram your winning mindset**

So now we have reclaimed our mentality through step 1, we have stopped any more trash flowing into our minds so we are clear to start changing our mindset. The next stage which is step 2, is to reprogram what is already in there. This needs a little more effort because you may have 40 years of programming plus your genetics carried over that needs to be fine tuned to become successful.

I have simplified this as much as possible to enable you to start practicing little strategies and tactics to override what is already there. This saves decades of therapy and self awareness because you can just focus upon the things that I recommend that you do and not how things got in there in the first place.

- **This process will change the thoughts that you have and ensure that they are empowering ones.**
- **It will help you develop helpful emotions and feelings that make for a happy bunny**
- **Finally, it will create better behaviours that produce better outcomes in anything that you do.**

By addressing your thoughts, emotions and behaviours you will change your beliefs that may be holding you back and may even touch into the core of your life's values with philosophy shifts in your outlook.

There are 12 stages to psychological reprogramming here:

- **Introduce a professional attitude**
- **Set only relevant and proper goals**
- **Change from extrinsic to intrinsic motivation**
- **Find your optimal stress, anxiety and arousal level**
- **What you pay attention to comes true**
- **Have a psychological preparation plan**
- **Develop self confidence that leads to self worth and esteem**
- **Control your emotions**
- **Learn the power of visualisation, imagery and mental rehearsal**
- **Only use positive thought control**
- **Work on your resilience, grit, hardiness and determination**
- **Dovetail into your team in terms of being cohesive and dynamic**

This approach I have used on many occasions and the results are nothing short of amazing. All of a sudden, there is only good flowing in and good now flowing out. There is more to go but I am here to help you with it all and to ensure your success in whatever it is that you are trying to achieve.

You will notice changes how you feel and others around you will notice your changes and respond in similar ways, if not they need to be pushed aside as you continue your journey to step number 3.





**Step 3: Reactivate your winning mindset**



So now we have filtered what enters into our mental system and reprogrammed what was already in there. Now we move to step 3 which is about reactivating our winning mindset and this encompasses four major elements that will help with your productivity, performance and ultimate success.

- 1. Focus and the ability to pay attention to only what is important.**
- 2. Resilience and the ability to overcome adversity and bounce back from setbacks.**
- 3. Engagement in terms of motivational science and brain chemistry.**
- 4. Wellbeing the vital element to your life experience.**

By strengthening these 4 areas we have a unique combination of output that is shown as performance and as we all know great performance leads to victory and success.

Focus development allows us to remove distractions and stay only on the prize. It stops us making mistakes, wasting too much time, getting sidetracked and wasting brain glucose. It helps with our long term goals and intentions and allows us to direct intensity of effort towards the outcome that we are seeking.

Resilience is understood to be like a muscle but sat between your long term memory and emotional systems. It develops by facing challenge and adversity and overcoming them all. It learns from failure and builds upon success. It gets bigger and stronger and doesn't forget. When in the future you need to be brave, risk taking and under threat you will recall this muscle memory from your learning centres and apply the resources and knowledge that ensure you can overcome again.

Engagement is a business motivational term that is used as a signature towards the organisation that you work. However, I cannot develop people to love their organisation if it doesn't treat them well. I can help you become motivated which is in your own self control and have to leave the business to build the environment and climate that is conducive to you.

Wellbeing is the integration of mind and body. You cannot address one without the other as they are inextricably linked. So we advocate working on them both in terms of mind, brain chemistry, structure, exercise, emotions, actions, nervous systems, sleep, exercise, diet, relaxation, thoughts etc.

These four elements combine to reactivate your output. You become sharper, tougher, motivated and well energised and display a calmness of knowing as you go about your duties. This is almost to the point of mental toughness as we in sporting science know it.





**Step 4: Re-ignite your winning mindset**



So let's recap. We are filtering what comes into the system as inputs and we have reprogrammed the process as to what is already there. Added to that is a reactivation of performance skills that move us towards a great mindset and mentality. Finally, step 4 is going to tap into motivational science and the pathway to be able to perform exceptionally under pressure.

This is the ultimate ability of mentally tough individuals that they can perform at the very moment when it means most to do so. This ability is always the deciding factor between success and failure and is measured in thousands of a second, or millimetres in length or answering the right question at the right time. Often referred to as sliding door moments they can establish great results in terms of business, medals and contracts.

So many people I know, wing it with the stupid saying that it will be alright on the night. If you are not well prepared or rehearsed then it will not be alright. The preparation that goes into skill acquisition and practice in fields such as sport are not copied in business. So often we see average performance due to lack of edge, clarity and performance skills. In step 4 follow this skilled approach from my REPEAT Model.

- 1. Consider importance of the situation.**
- 2. Apply the correct philosophy to the situation.**
- 3. Analyse the demands of the situation.**
- 4. Analyse the resources that are at your disposal.**
- 5. Mind and body integration.**
- 6. Consequences.**

This stepped approach is a guide for approaching scenarios and situations that are of most importance to you. It ensures once identified that you apply the correct philosophy towards that situation. This is good brain science and will trigger the correct reward motivation and keep fear at bay, done wrongly and the outcome is destined to fail.

Once activated there is an equation to balance between what you have in your locker to cope with what is being thrown at you and the mind and body sensations and feelings that flow from that equation. Finally, there is the consideration of the consequences of good or bad performance in this situation.

Often if you take the time to step through the REPEAT Model before the event you will learn to identify what can go right and what can go wrong. How to have a plan B and how to think, breathe and behave on the day. How to be fully prepared, calm and confident and allow all your emotions to support you and thrive under the pressure.

So that's it, your journey to mental toughness. Use it in life, in parenting, at work, in sport, in the military, in entrepreneurship, whilst starting your business and so many more places. So much luck for the journey ahead.

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<https://www.neuro-performance.co.uk>