



No Mental Muscle Is Required to Tie Your Shoes

Almost everything you do every day is tied to risk and reward. Sometimes you may go through the routine of your life without considering any potential risks. That's true for a lot of us. We don't take the time to view what we do daily as potentially risky. We've been safe and sound for so long that we don't contemplate any hazards or dangers impacting our lives.

The fact that we may not think we encounter risk throughout the day doesn't mean it isn't there. And in many endeavors, you have to encounter many risks to get many benefits. Overcoming risk means you sometimes have to be mentally tough. It would help if you flexed your willpower.

That can be difficult. Human beings are intrinsically lazy, not because they desire to necessarily stay in their current situation, but because it's easier to do nothing than something.

A person may dream about some amazing life forever. That doesn't mean that individual is ever going to take any steps in the direction of that reality. It's easier to live in a good enough situation than it is to harness the mental fortitude it might take to chase down a better life.

What Goals Do You Have? Tying Your Shoes Probably Isn't One of Them

Perhaps you wear shoes that don't have any laces. If this is the case, you still understand what we're saying. Doing simple things in life usually means the rewards aren't that great. When you first learned to tie your shoes as a child, you thought you were the king of the world. You don't go around bragging about that ability now as an adult.

It doesn't take any mental courage or toughness to do simple things. And once done, those simple actions rarely create amazing outcomes.

However, when an obstacle appears before you, it's usually because there is a substantial reward for overcoming that difficulty.

Even if your only rewards are personal growth, a healthier self-image, and a boost in self-confidence, tackling that obstacle will always be rewarding.

You show yourself you have the mental toughness to take on roadblocks set in your path, win or lose. This is important because the journey to mediocrity is easy. It doesn't take much to reach that destination. On the other hand, the road to achieving big goals is seldom easy.

The bigger your potential rewards, the bigger the tests of your willpower and determination will be. This knowledge can empower you to mental toughness when it's needed. You realize that there are often wonderful rewards on the other side of difficulties.