



Strengthen Your Mental Toughness by Viewing
Roadblocks As a Good Sign

Which of the following two buildings is more interesting if you are a burglar? You have the first building, which doesn't look special. Being a burglar, you consider how difficult it would be to break into that building to see if there's anything worth taking.

You make mental notes and move on, not too excited about what you've just seen.

Then you encounter another building. You rub your eyes and look again. The building is, in every possible way, exactly like the first building you saw. Then you notice a few differences.

It is surrounded by a fence that's eight feet tall and topped with barbed wire. Signs everywhere tell you how bad your life will become if you trespass. You notice placards on the grounds that warn about an alarm system and attack dogs who would love to make a burglar their next meal.

Now you're definitely excited!

It should be exactly the opposite. The first building would be a cakewalk to break into compared to this place. There are so many layers of defense determined to keep you out of this building. Your chances of successfully breaking into it are low, but you understand something as a smart burglar.

People don't put an alarm system on a building and surround it with attack dogs and an eight-foot fence unless there's something worth protecting. You realize those barriers to your entry are a very good sign.

Difficulties Often Predict Potential Rewards

It can be tough sometimes to make a decision. You have to choose between two actions or outcomes and know what you probably should do. Taking action and embracing a difficult decision is usually tougher than playing it safe.

When this happens, and your willpower needs strengthening, be like our burglar friend. Realize that life will often put potholes, speed bumps, and detours on your road to achieving an important goal. High risk may be required to achieve high rewards.

This can help you look at difficulties as positive signs. They could be a final test that life gives you to see if you have the mental muscle to push through and get what you want. Even if you practice great willpower to overcome obstacles and don't create the outcome you sought, you've benefited in so many ways.

You have proved you have what it takes to keep going when it gets tough. The boost in self-esteem, courage, and confidence is reward enough for identifying difficulties simply as ways to strengthen your character, resolve, and mental toughness.