



The Biggest Benefit of Mental Toughness Is Not the Outcome

We are all presented with difficulties in life. It's just an inevitable part of the human condition. Life is tough sometimes. Depending on many factors, some people have more challenging lives than others. That said, none of us are immune to situations that are hard to deal with.

If we let negative life experiences slow us down, it may take longer for us to achieve an important goal. Sometimes we choose to stop fighting altogether. We justify that life is too hard to create a better reality, so we'll stay here where we are now, even if our current reality isn't that great.

Sometimes our backs are against the wall. We really don't have any choice but to fight. Things happen that present nothing but downside. Whether we like it or not, we must fight to improve our situation.

Our fight-or-flight instinct is triggered in many ways and for many different reasons. Sometimes when this happens, we flee when fighting is the smarter response. We decide to let some hardship keep us down rather than fight to rise above it.

It's Often Difficult to Be Mentally Tough, but It's Not Impossible

You've probably had to deal with obstacles that threaten to keep you from enjoying a positive outcome. When you did so successfully, how did you feel? Immediately after overcoming some significant hurdle, it feels great.

There is a lot of self-pride, and your confidence improves. You realize that you can confront tough situations and come out on top.

A lot of those feelings are present even if you fail.

Facing a big challenge takes a lot of guts and moral fortitude. You might not be successful. Even when life gets the better of you, the rewards of bravely facing a challenge are always preferable to the self-regret and thoughts of what might have been that accompany giving up before you make an effort.

It's nice when determination and willpower help you overcome an obstacle between you and achieving a goal. That's not always the outcome. Sometimes you fight valiantly but are defeated. When that happens, remember there is no possibility of victory if you don't engage in battle. Give yourself the credit you deserve for acting in a tough situation. You will strengthen your mental muscles for the next battle.