



Limitless Growth Strategies  
Building Dreams, Growing Giants.

## Habits to Build Mental Strength

**Cultivate habits that build your mental strength and resolve, and that bring you greater success and peace of mind. Try these suggestions for harnessing your strengths.**

**Be curious and creative.** Approach each day with a sense of adventure and welcome new experiences. Try something new and challenge yourself. Explore your interests.

**Be a lifelong learner.** Commit yourself to intentional learning. Read more! Find a mentor and learn from someone you admire and is further in their journey than you are.

**Develop mindfulness.** Concentrate on one activity at a time and avoid multi-tasking. Live in the present moment. Pay attention to what is going on around you.

**Cultivate gratitude.** Everyday find at least three things and three people for whom you are grateful. Cultivating gratitude is a powerful tool in shaping your mindset.

**Show respect.** Let your actions and words demonstrate your respect for the people and world around you.

**Be kind and generous.** Be gentle with others and yourself and remember that being kind does not cost *you* anything but can make an enormous difference in the lives of others. Be as generous as you can be with others and share of your time, talent and wealth.

**Practice forgiveness.** Letting go of resentments frees up your energy. Pardon others when they offend you and show the same compassion for yourself when you slip up.

**Be courageous.** Growing stronger requires taking risks. Keep your sights on what you hope to gain as you take on new challenges.

**Live your values.** Align your actions with your values and think through the long-term consequences of your decisions.

**Learn to be comfortable with discomfort.** Be willing to step outside of your comfort zone – this is where you will learn the most.

**Delay gratification.** Impulse control is one of the most important skills associated with high achievement and happiness. Live by the maxim of “Pay now, play later”.

**Hope for the future!** Staying optimistic is critical for mental strength.