

Ultiself Mental Toughness Routine

Mental toughness is essential to accomplishing your goals and being truly happy. Follow this routine to cultivate deep rooted mental toughness needed to deal with life.



Proactive Discomfort - Challenging situations will be less stressful if you are prepared for them.

ACTION - Gradually approach what makes you uncomfortable on a regular basis rather than avoiding it.



Breathing Exercise - This habit helps to lower your cortisol level and thus your tension, giving you more determination.

ACTION - Practice box breathing or alternate nose breathing daily.



Healthy Fat Intake - The lipids present in healthy fats can improve brain function and mood.

ACTION - Add avocados, certain nuts, fish, and fish oil supplements to your diet.



Goal Review - If you know what you're working for, you'll be more disciplined and more determined.

ACTION - Check your goals regularly to see what you have achieved and what you still need to do.



Cold showers - Proactive exposure to stress, like a cold shower, increases your discipline.

ACTION - Take a shower with water temperature below 70°F or 21°C 2-3 times a week.



5 Second Rule - Excessive doubt makes you procrastinate, miss opportunities, and avoid making decisions.

ACTION - When making a decision, count backward from 5, move your body, and take action.



Positive Self Talk - Too much sugar affects the functioning of the hippocampus, which is key to memory function.

ACTION - Reduce or cut from your diet processed and packaged foods, candies, and sodas.