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I participate in activities that strengthen my mind. Being in a strong mental state gives me drive and determination. I am more equipped to persevere when my mental capacity is reinforced with self-belief and courage.

Professional difficulties sometimes wear me down to the point of quitting, but I avoid taking that step. **I remind myself of my strength, instead.**

I spend a lot of time with others who project a positive image. Being embraced and celebrated as someone special by these people allows me to believe in myself. I encourage them to dig deep for motivation and they do the same for me.

Meditation gives me an opportunity to be introspective and honest. **Taking the time to assess past situations allows me to develop mechanisms for success in the future.**

I build my mental fortitude when I allow myself to do without the niceties in life. Existing on less than desired teaches me

how to sacrifice and be creative.

I remind myself that my spirit is bigger than my circumstances. Reinforcing this prevents me from breaking when times get tough. I face adversity with a smile in my heart.

Today, my state of mind determines my ability to succeed. I am committed to staying mentally strong and sharp so I can approach situations with focus and courage. My will to fight through the storm is more about my mind than my physical strength.

Self-Reflection Questions:

1. What impact does engaging in community outreach have on my mental state?
2. What other activities do I participate in to develop mental fortitude?
3. How do I respond when I am faced by a challenge?