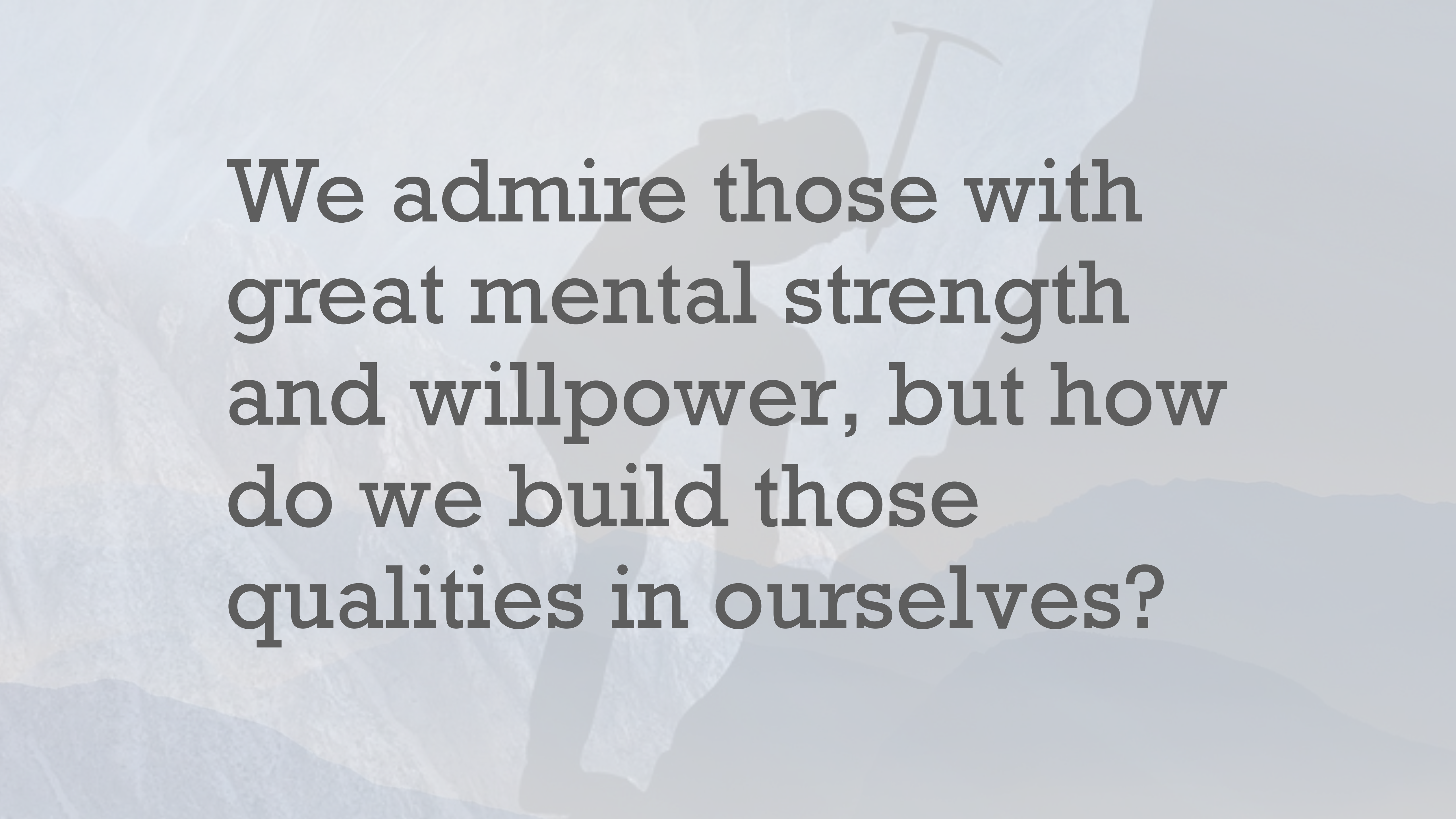




11

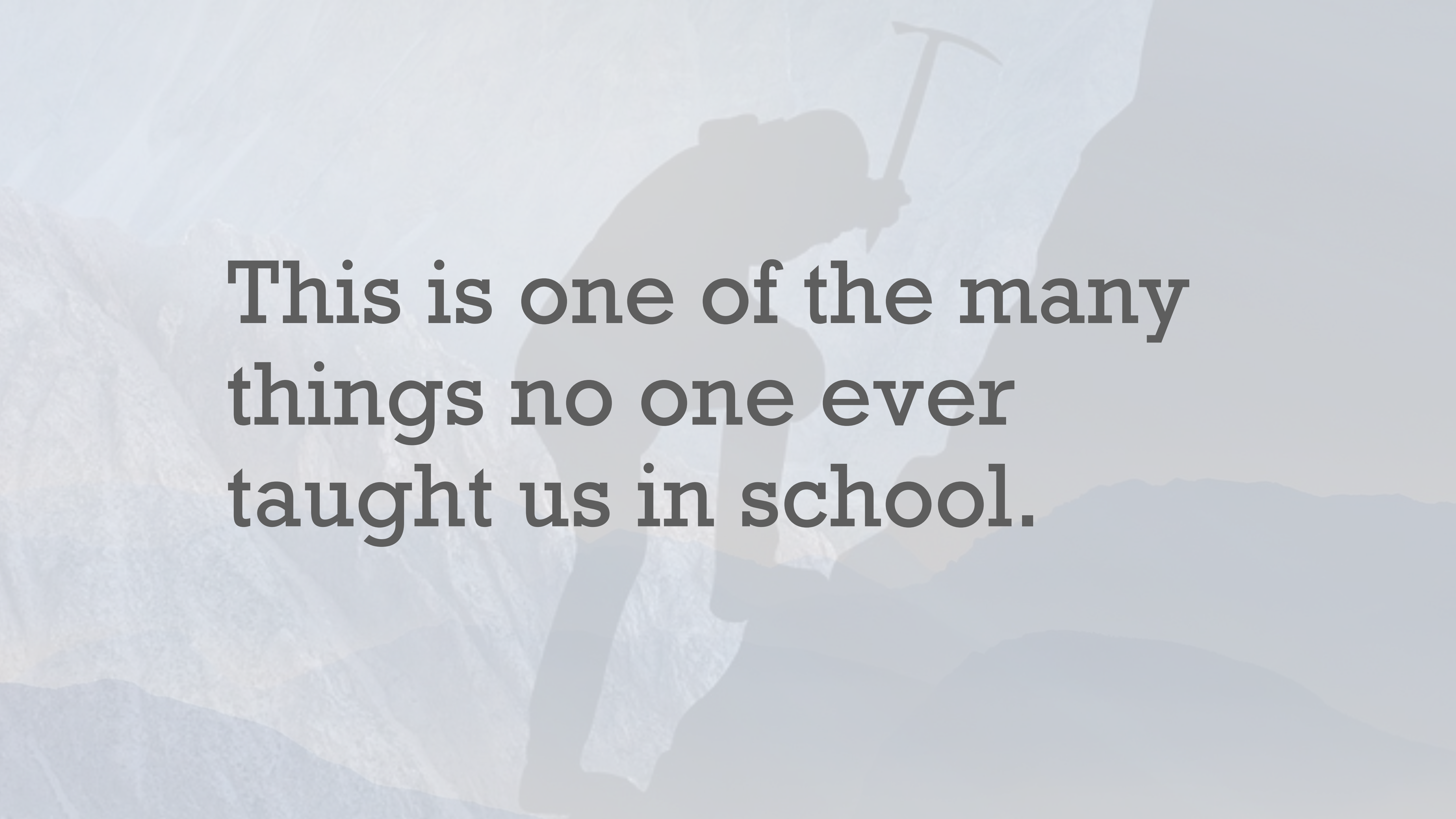
**WAYS TO BUILD YOUR  
MENTAL STRENGTH  
AND WILLPOWER**



The background of the slide is a faded, light blue-grey image. It depicts a person in silhouette, climbing a steep, craggy rock face. The person is positioned in the center-left, reaching upwards. A pickaxe is visible, held by the climber, with its head pointing towards the top right. The overall tone is motivational and emphasizes physical effort and mental strength.

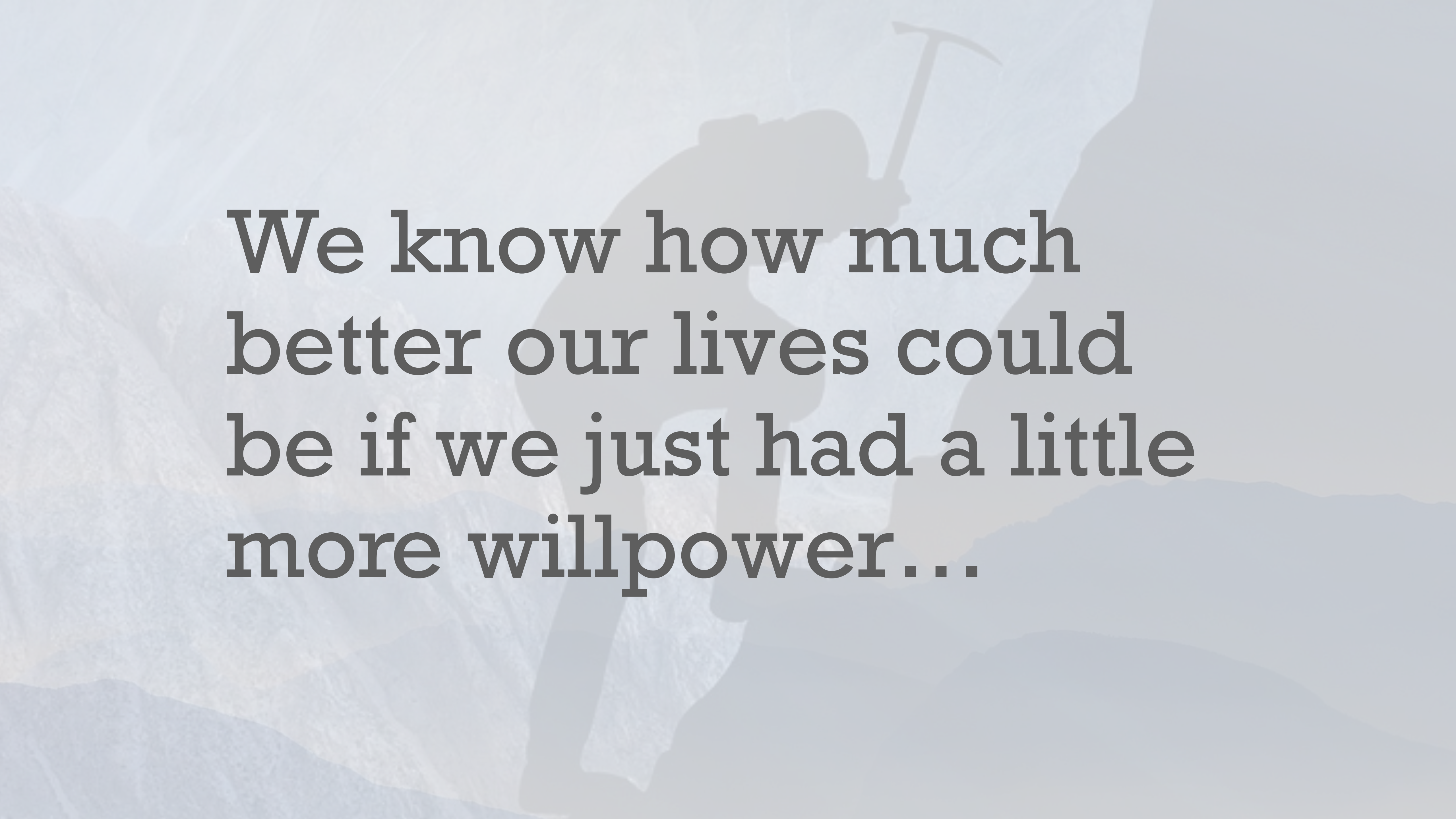
We admire those with  
great mental strength  
and willpower, but how  
do we build those  
qualities in ourselves?



A faded background image showing a person in silhouette using a pickaxe to work on a rocky, mountainous terrain. The person is positioned in the center-right, leaning forward and striking the rock. The background is a mix of light and dark grey tones, suggesting a rugged landscape.

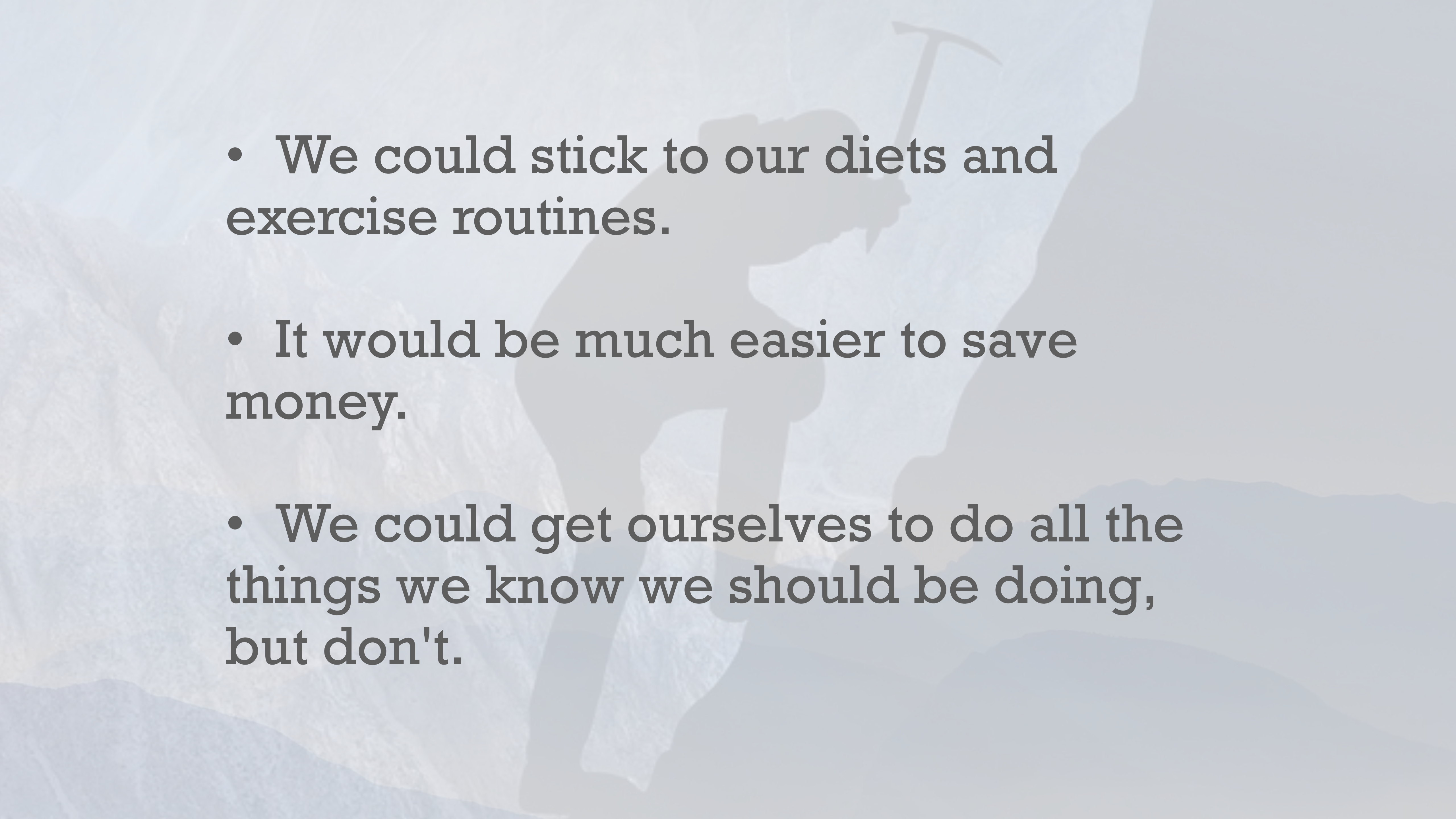
**This is one of the many  
things no one ever  
taught us in school.**



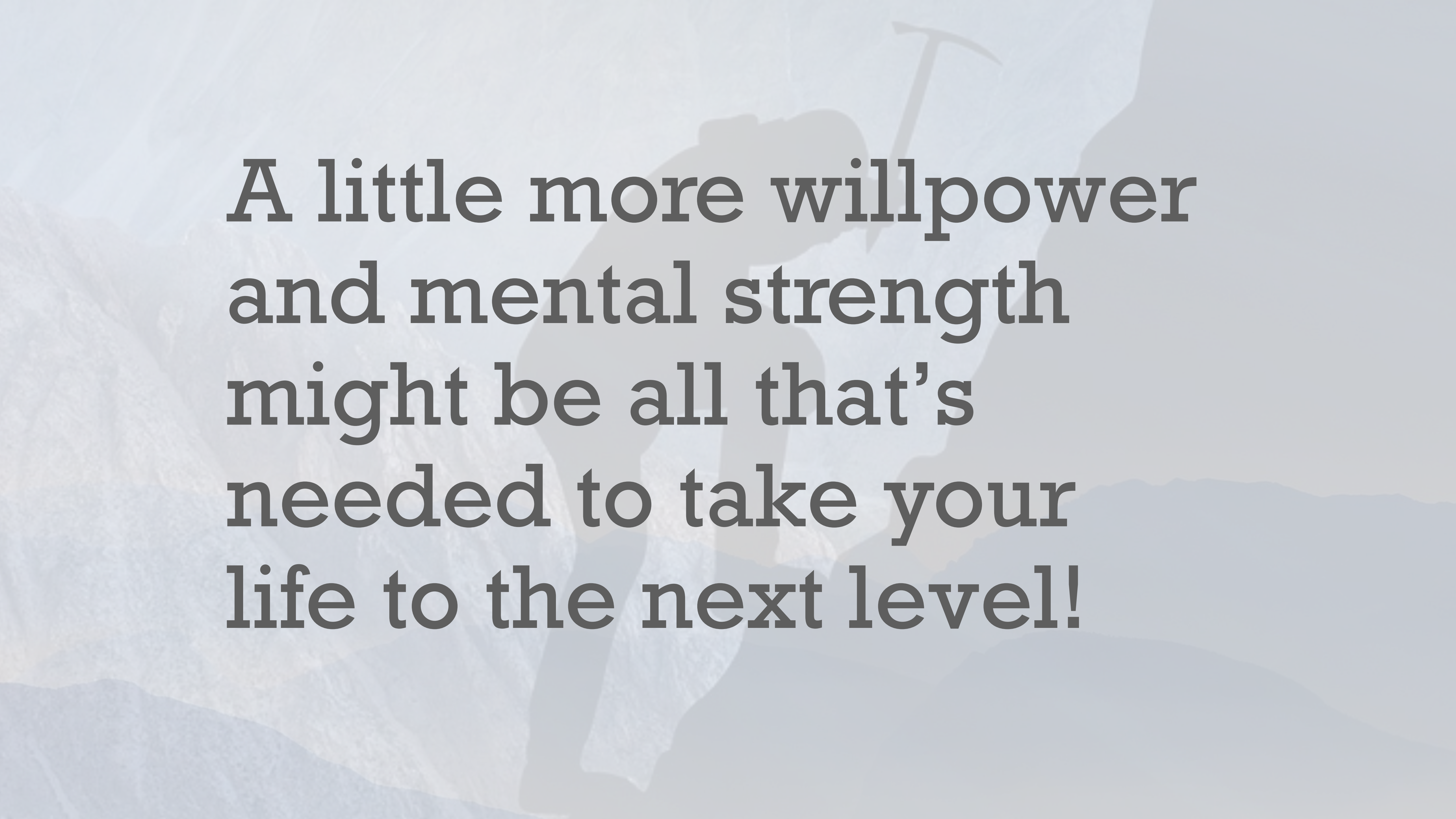
A faded background image of a person climbing a rock face. The person is in a crouched position, using a pickaxe to ascend. The rock face is textured and shows some horizontal cracks. The overall tone is light and desaturated.

We know how much  
better our lives could  
be if we just had a little  
more willpower...



- 
- A faint, light blue background image showing a person climbing a rock face. The person is in a crouched position, using a pickaxe to ascend. The rock face is textured and has some horizontal lines. The overall tone is light and airy.
- We could stick to our diets and exercise routines.
  - It would be much easier to save money.
  - We could get ourselves to do all the things we know we should be doing, but don't.



A faded background image of a person climbing a rock face. The person is wearing a helmet and using a pickaxe to ascend. The rock face is textured and the overall scene is in a muted, light blue-grey color palette.

A little more willpower  
and mental strength  
might be all that's  
needed to take your  
life to the next level!



**Try these  
strategies to  
increase your  
mental strength  
and willpower....**

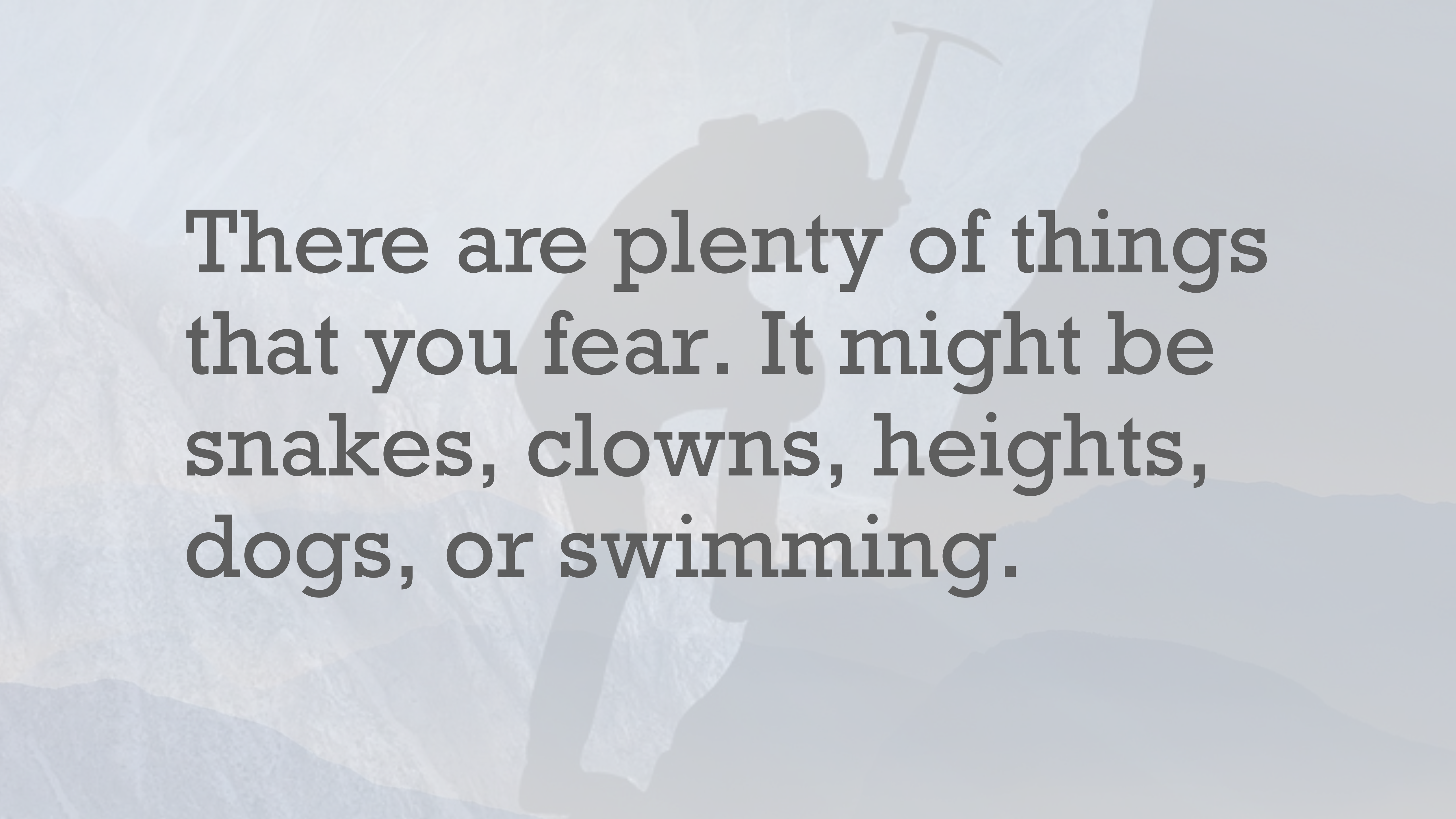




A silhouette of a person pushing a large sphere up a steep, rocky mountain slope. The background is a blue-tinted image of a mountain range. The person is on the left, pushing the sphere towards the center. The sphere is large and textured, resembling a planet or a large rock. The person is in a crouched position, pushing the sphere with their hands. The mountain slope is steep and rocky, with a blue tint. The background shows a range of mountains under a blue sky.

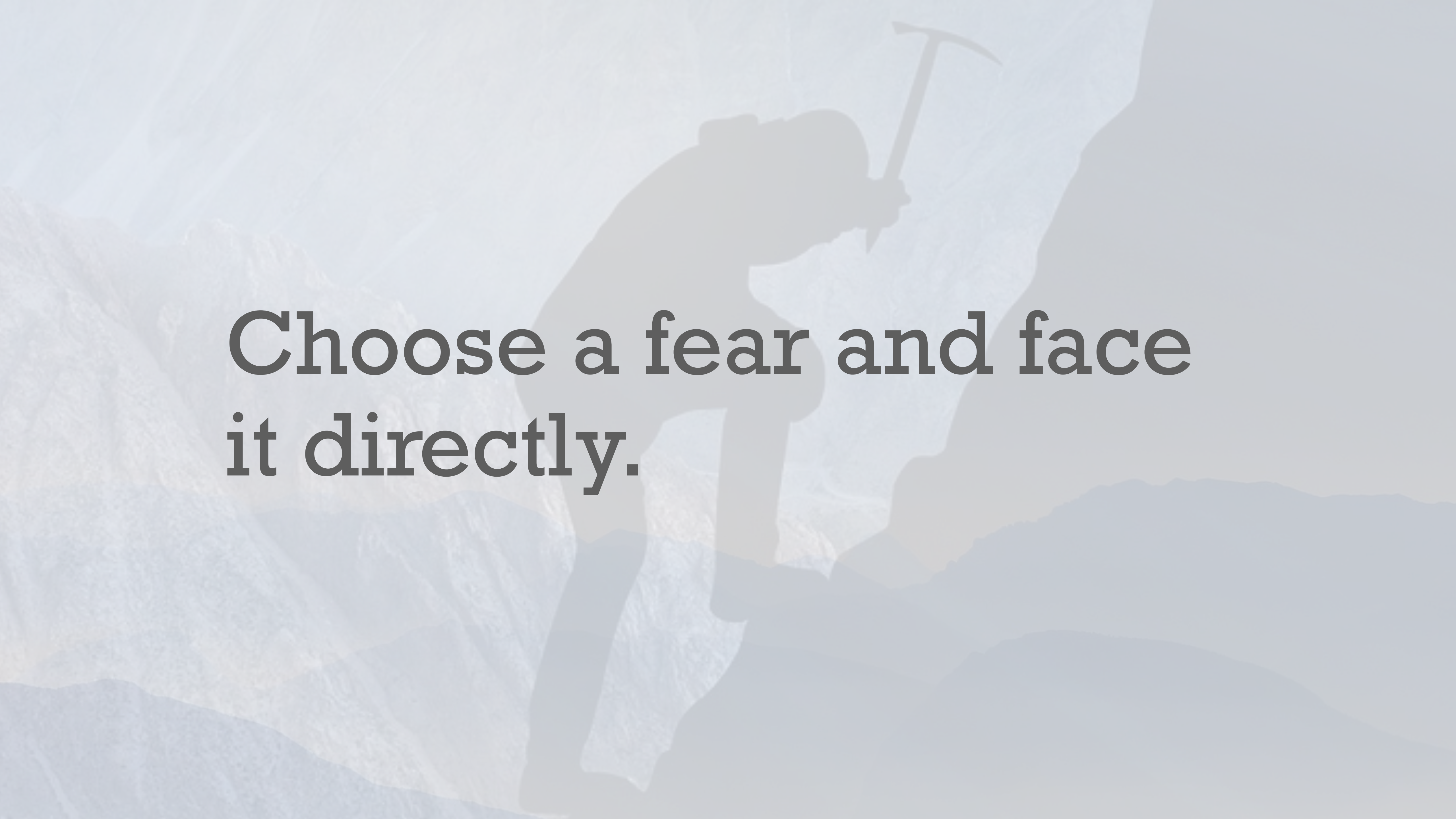
**1. Do things you fear.**



A faint, grayscale background image of a person climbing a steep rock face. The climber is positioned in the center, using a pickaxe to ascend. The rock surface is textured and craggy. The overall tone is muted and atmospheric.

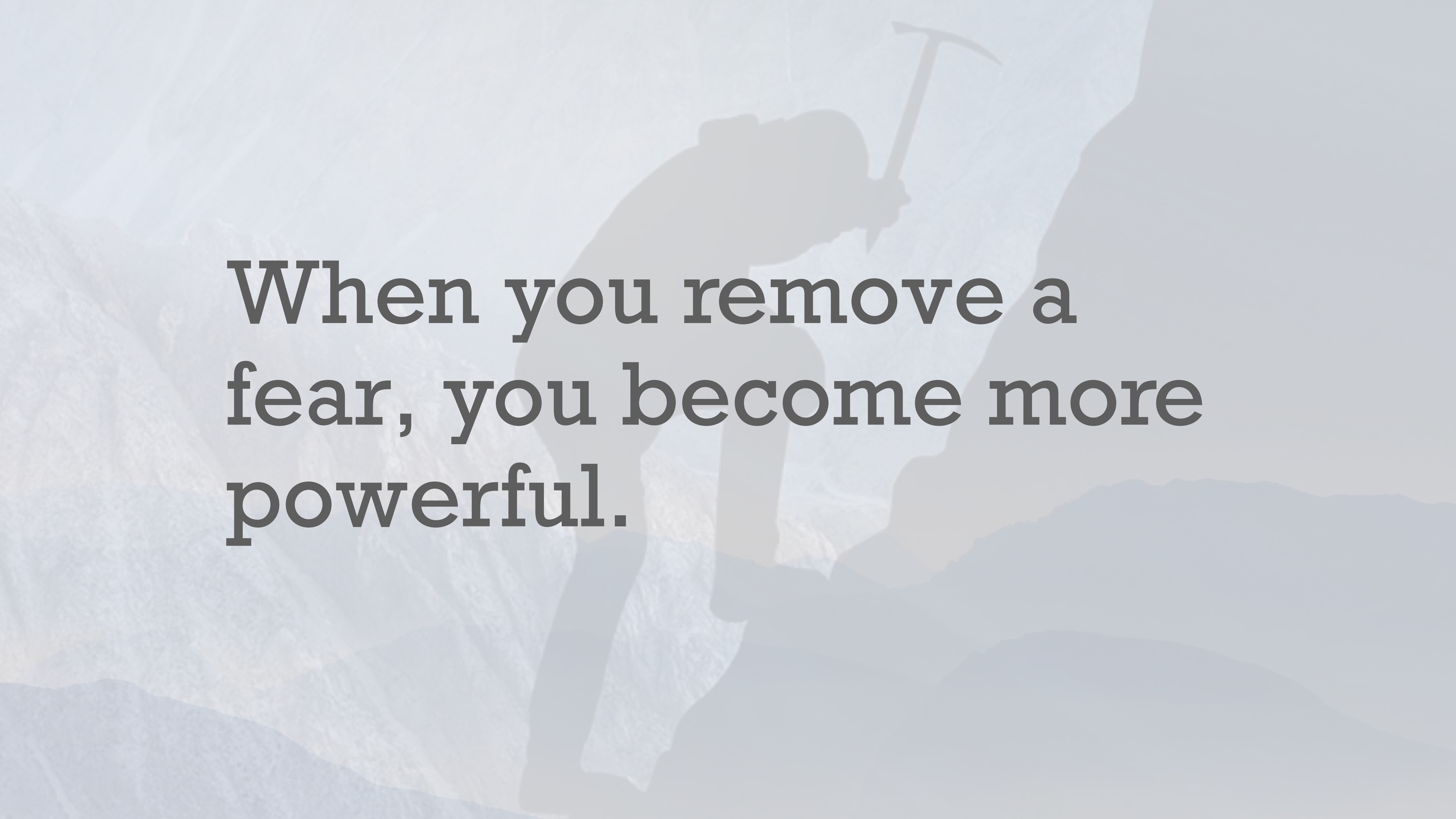
There are plenty of things  
that you fear. It might be  
snakes, clowns, heights,  
dogs, or swimming.



A faint, light blue silhouette of a person climbing a steep rock face. The climber is positioned in the center-right of the frame, leaning forward and using a pickaxe to ascend. The background is a textured, light blue-grey rock surface with some darker, more detailed rock formations visible on the left side. The overall tone is motivational and adventurous.

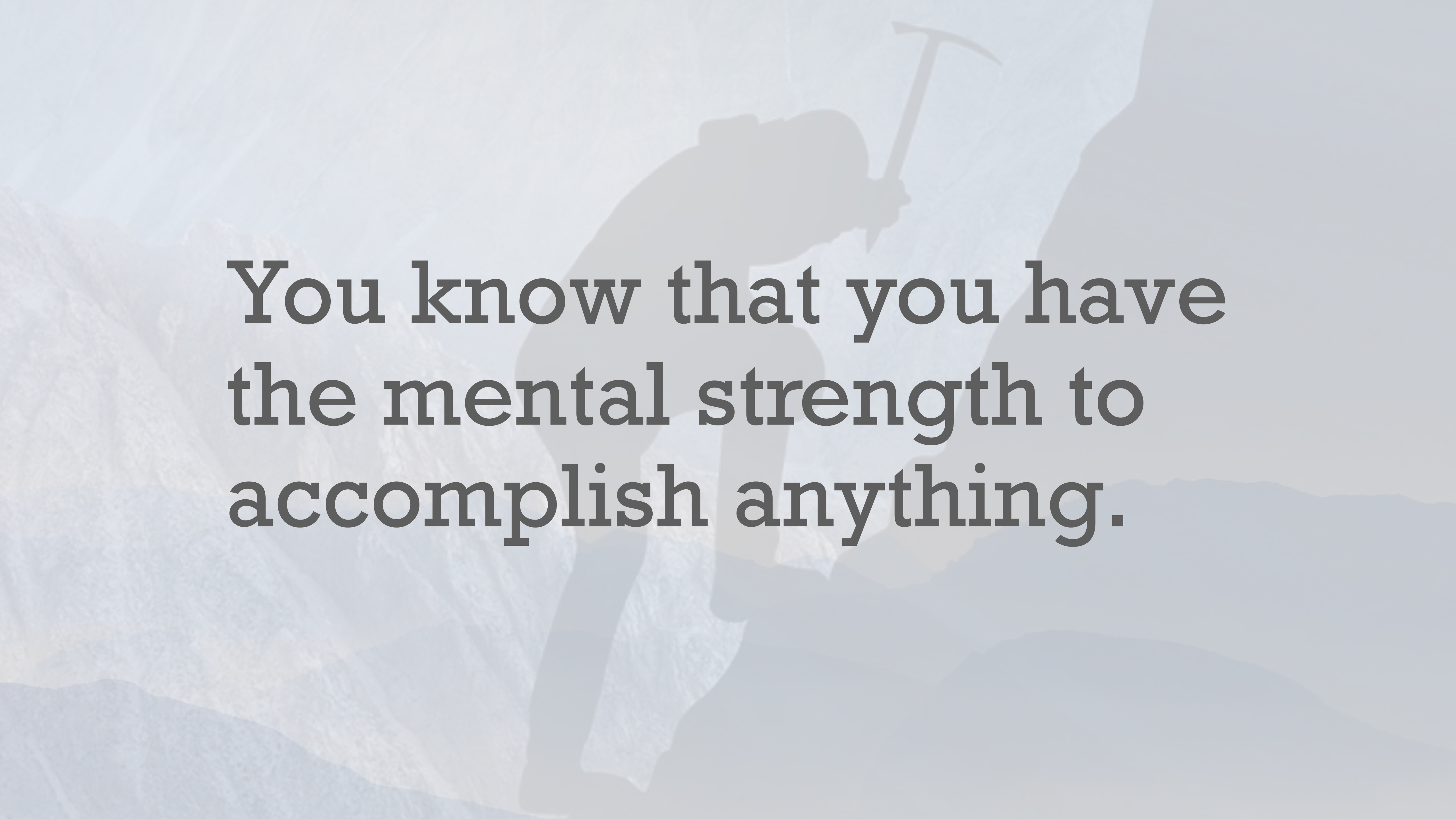
**Choose a fear and face  
it directly.**



A person is shown in silhouette, climbing a steep, textured rock face. They are using a pickaxe to ascend. The background is a soft, hazy landscape with rolling hills under a light sky. The overall tone is motivational and adventurous.


When you remove a  
fear, you become more  
powerful.



A faded background image of a person climbing a steep rock face. The climber is positioned in the center, using a pickaxe to ascend. The rock surface is textured and shows some horizontal cracks. The overall tone is light and motivational.

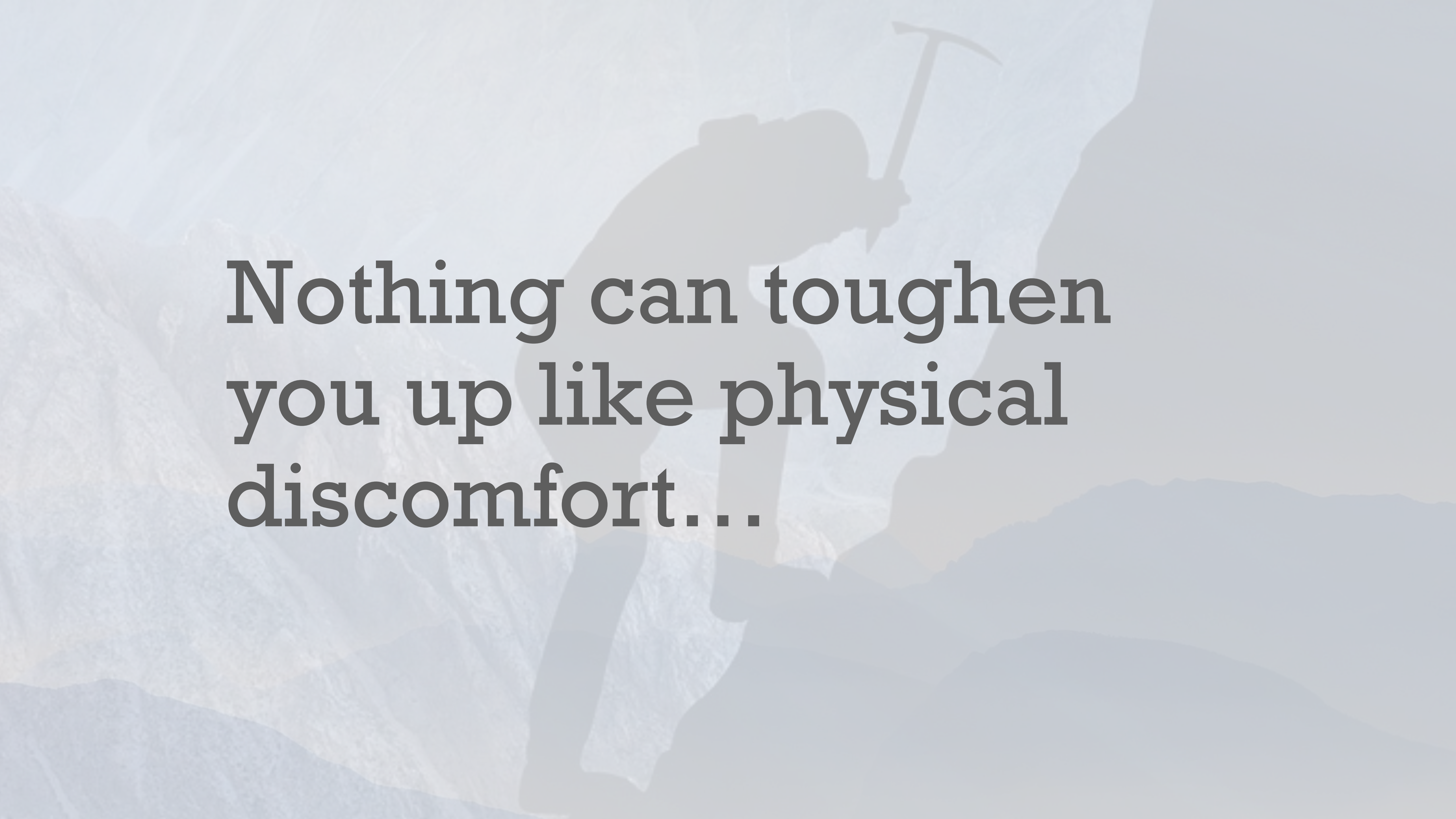
You know that you have  
the mental strength to  
accomplish anything.



The background of the slide is a blue-tinted photograph of a rugged mountain range. In the lower-left foreground, a dark silhouette of a person is shown pushing a large, dark sphere up a steep, rocky incline. The person is in a crouched position, using their arms and legs to move the sphere. The sphere is large and textured, resembling a rock or a large ball. The overall scene conveys a sense of physical effort and challenge.

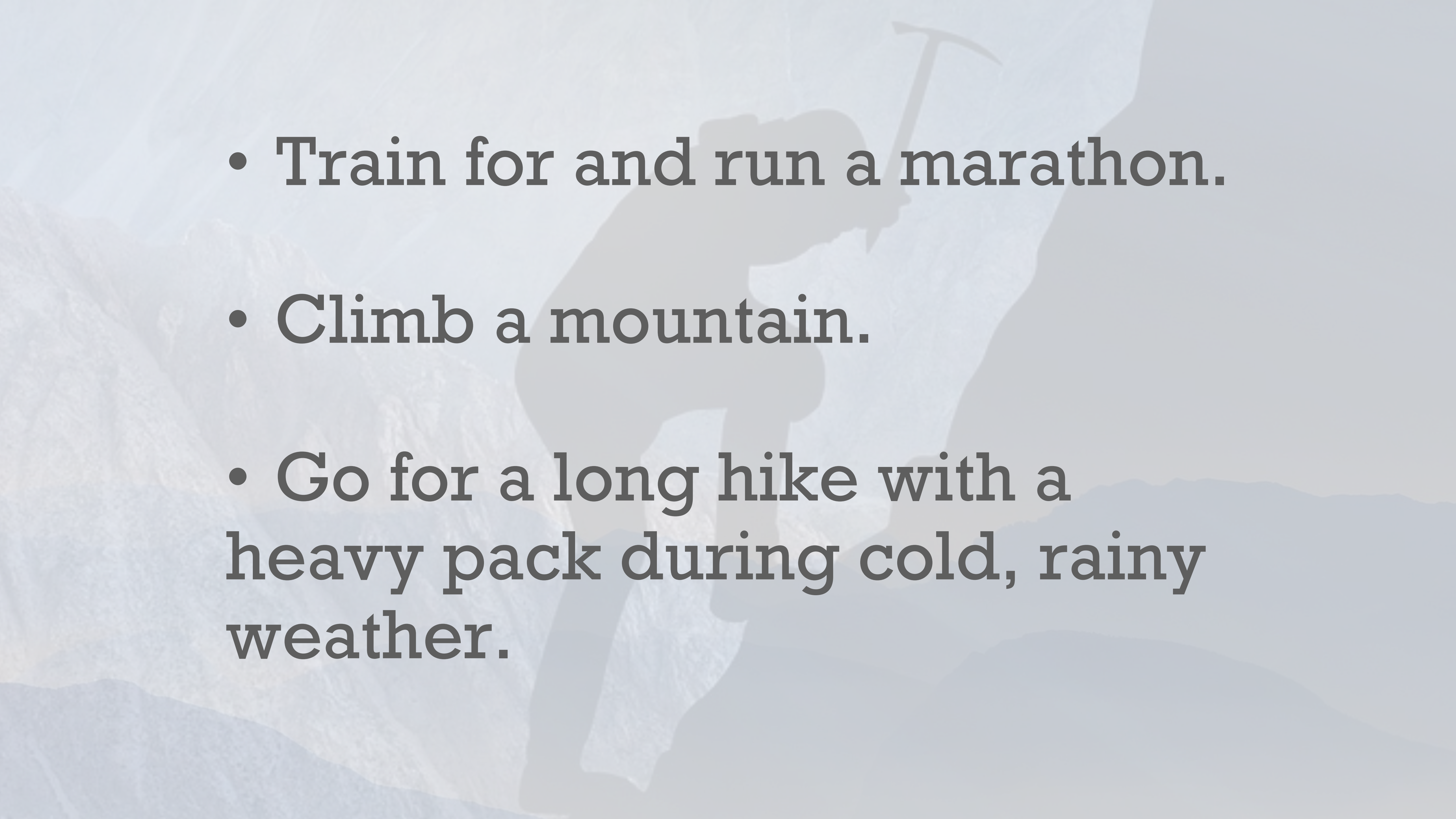
**2. Take on a  
physical challenge.**



A faded background image showing a person climbing a steep, craggy rock face. The climber is positioned in the center, using a pickaxe to ascend. The overall tone is light and desaturated, with the climber and rock face appearing in shades of gray and light blue against a pale background.

Nothing can toughen  
you up like physical  
discomfort....



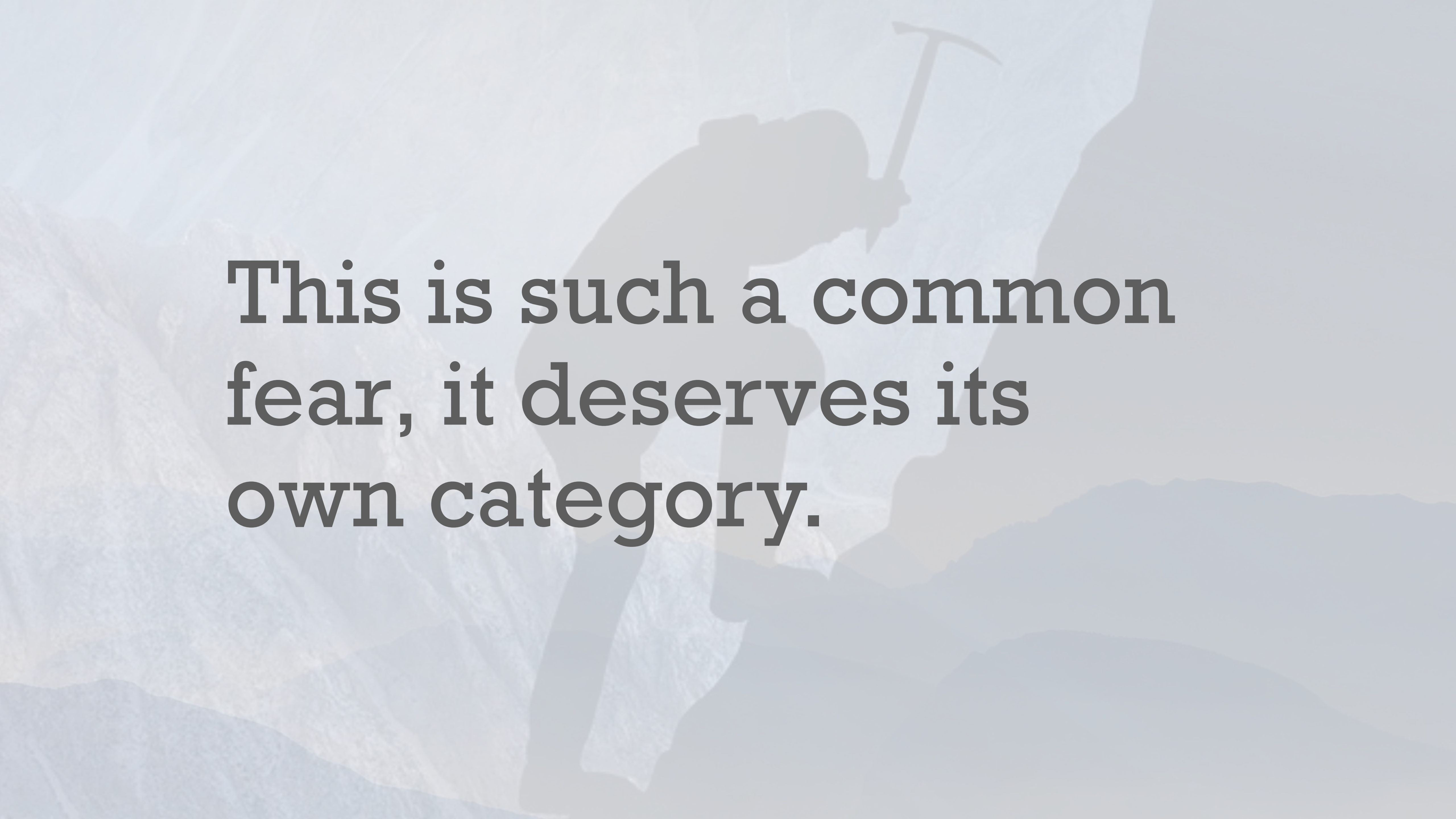
- 
- The background of the slide features a faded, light blue-toned image of a person climbing a steep, rocky mountain. The climber is positioned in the center, using a pickaxe to ascend. The mountain's surface is rugged with visible rock textures. In the distance, more mountain ranges are visible under a hazy sky.
- Train for and run a marathon.
  - Climb a mountain.
  - Go for a long hike with a heavy pack during cold, rainy weather.



A silhouette of a person pushing a large sphere up a steep mountain slope, set against a blue-tinted background of a mountain range. The person is positioned on the left side of the frame, pushing the sphere upwards. The background shows a vast, rugged mountain landscape under a clear sky.

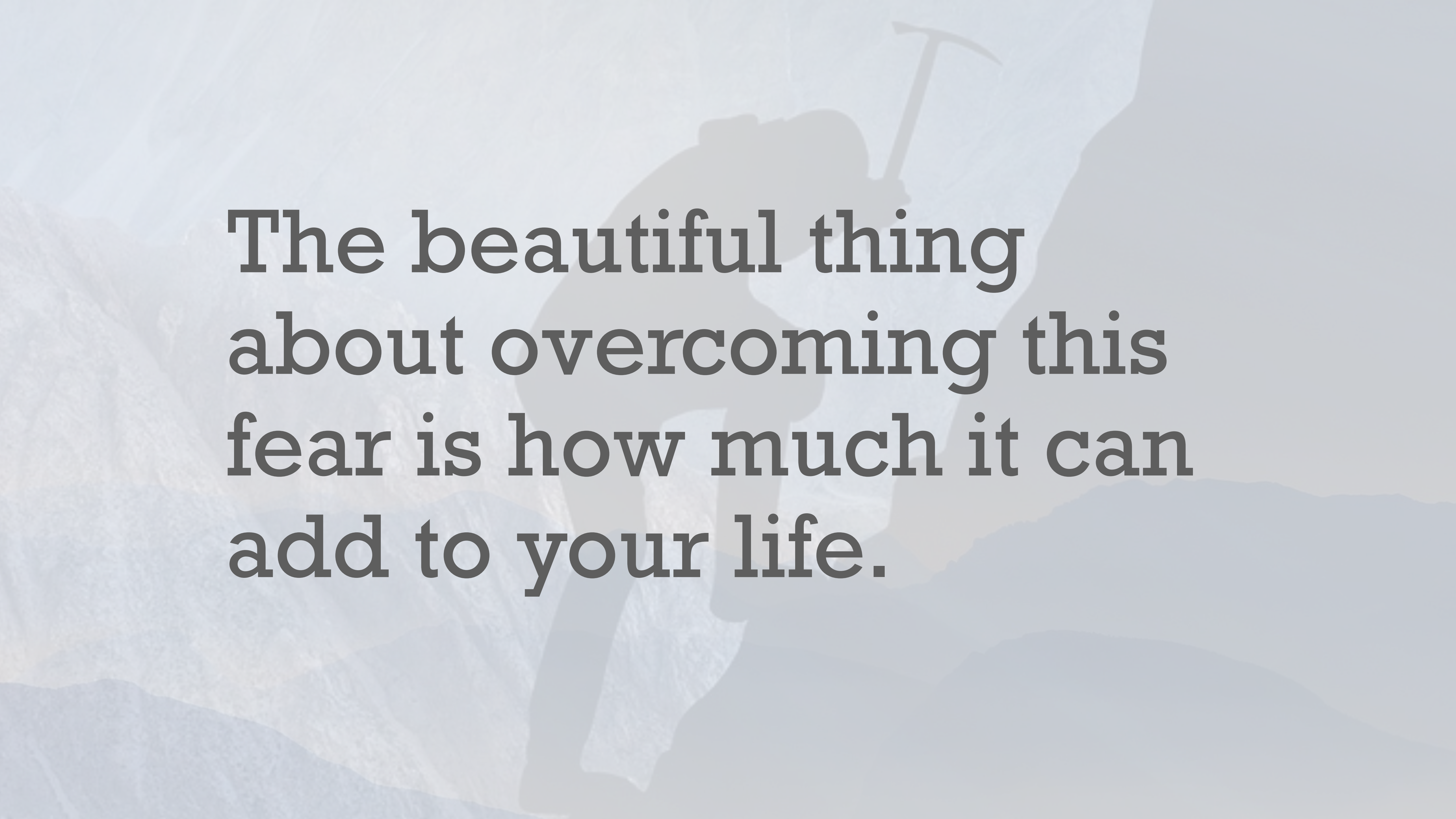
**3. Take a course in  
public speaking.**



A person is shown in silhouette, climbing a steep, light-colored rock face. The climber is positioned in the center of the frame, leaning forward and using a pickaxe to ascend. The background is a soft, out-of-focus landscape with rolling hills and a clear sky. The text is overlaid on the left side of the image, in a large, bold, sans-serif font.

**This is such a common  
fear, it deserves its  
own category.**



A faded background image of a person climbing a rock face. The person is in a crouched position, using a pickaxe to ascend. The rock face is textured and shows some vertical cracks. The overall tone is light and motivational.

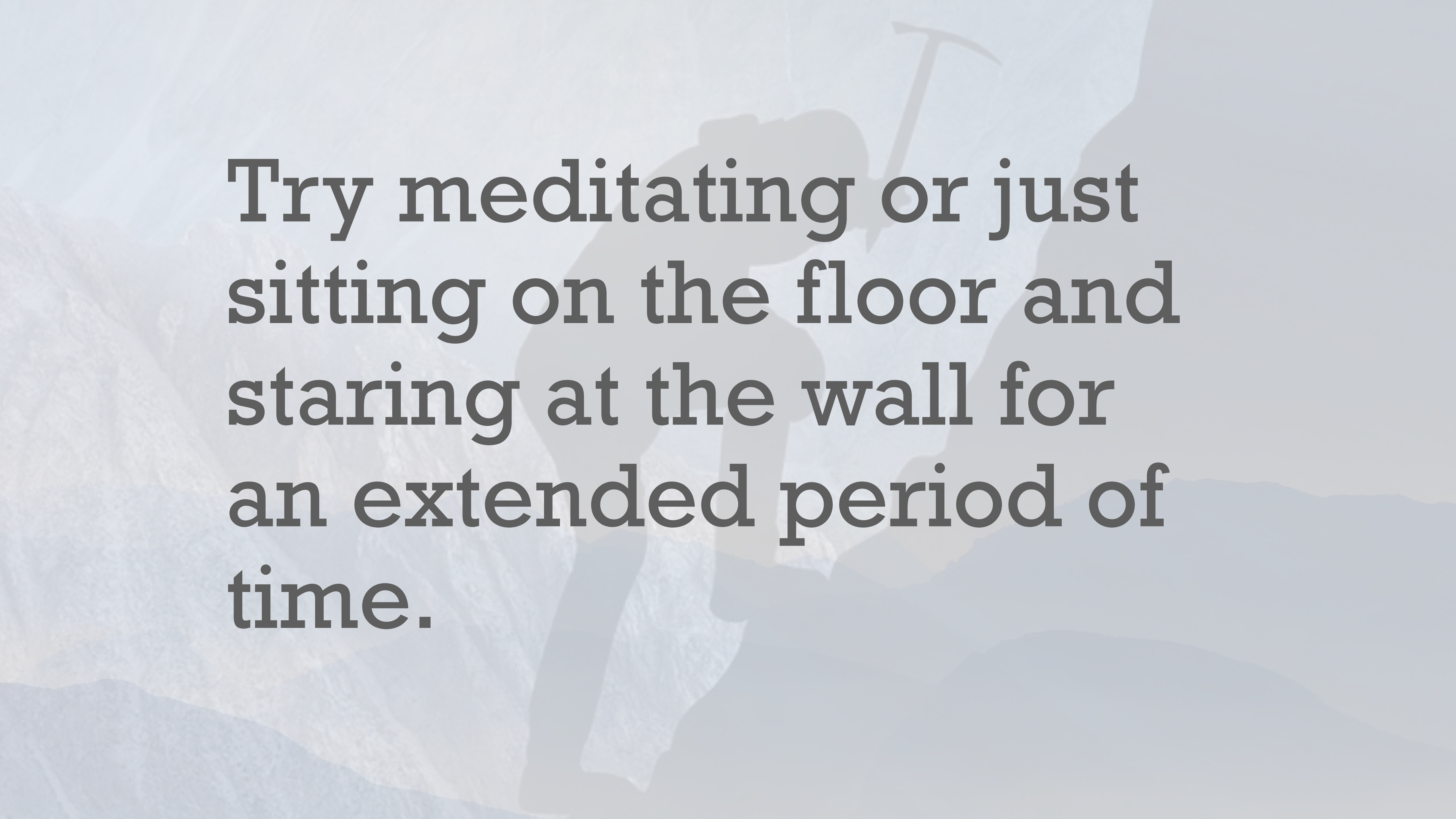
The beautiful thing  
about overcoming this  
fear is how much it can  
add to your life.





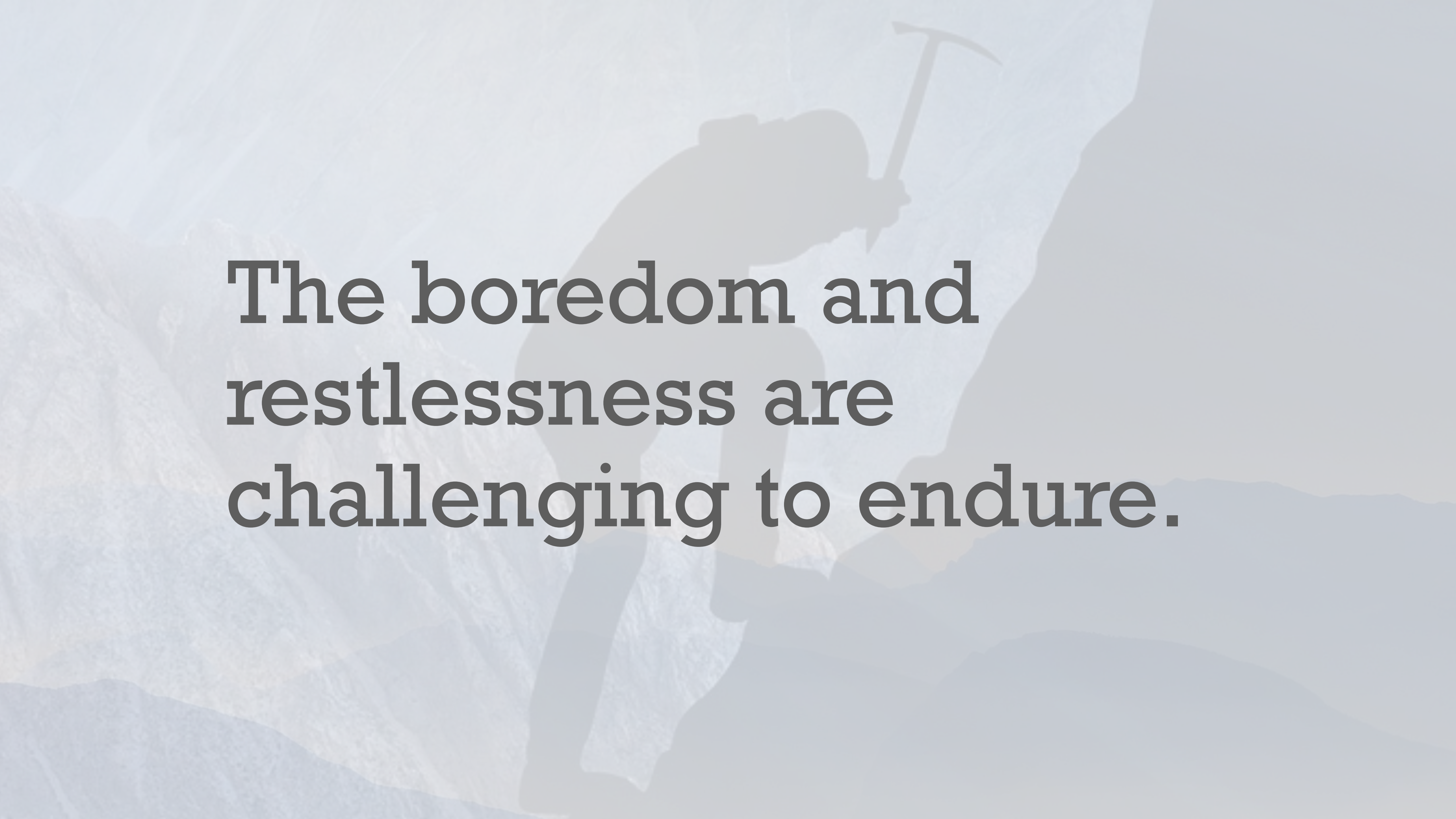
**4. Just sit.**



A person is shown in silhouette, sitting in a meditative pose on a large, textured rock. The person's hands are resting on their knees. In the background, a pickaxe is visible, leaning against the rock. The overall scene is dimly lit, with a soft, hazy light source creating a serene atmosphere. The text is overlaid on the image in a large, bold, sans-serif font.

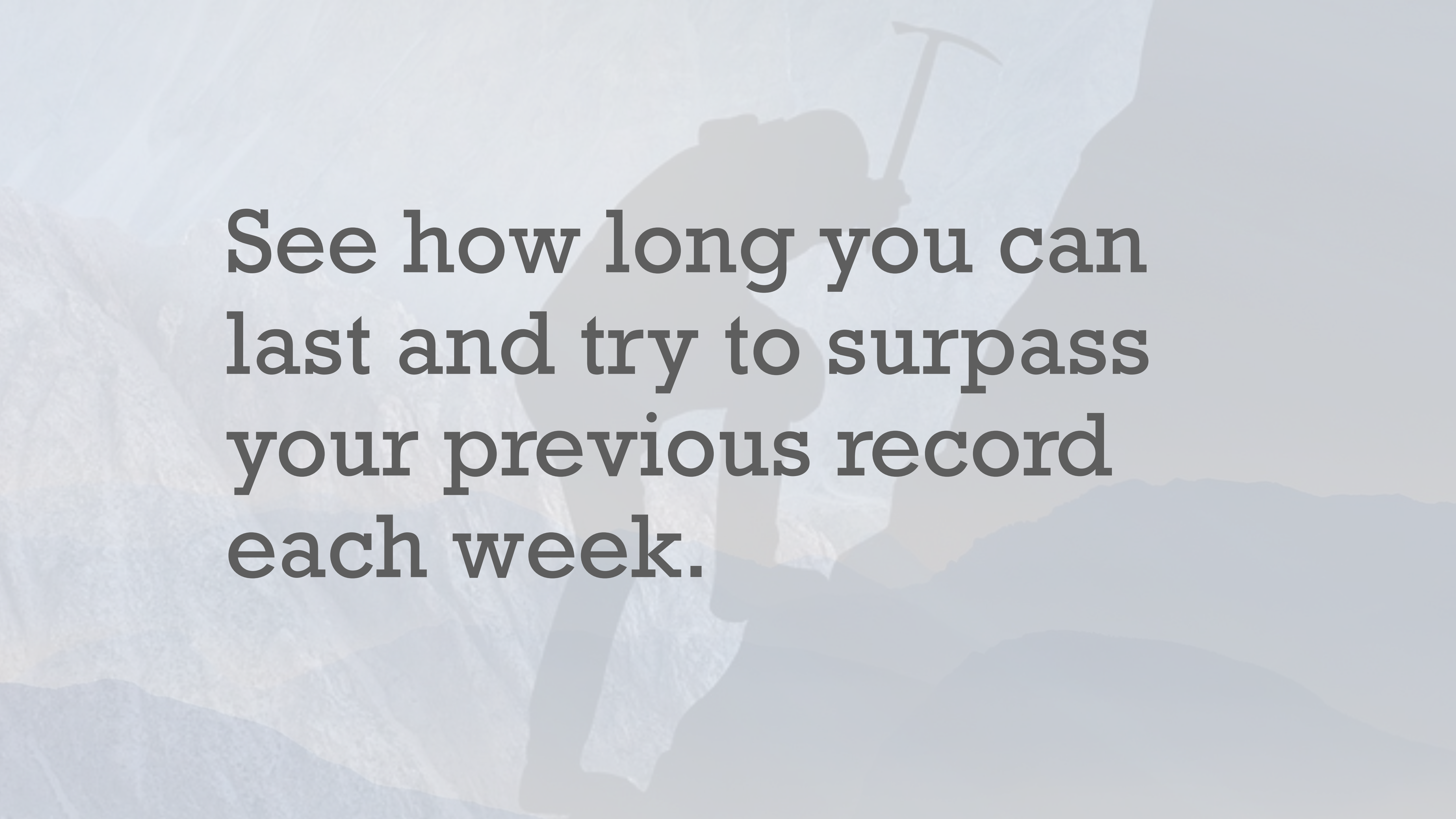
Try meditating or just  
sitting on the floor and  
staring at the wall for  
an extended period of  
time.



A person is shown in silhouette, climbing a steep, textured rock face. They are using a pickaxe to ascend. The background is a light, hazy blue, suggesting a sky or distant landscape. The overall mood is one of challenge and endurance.

The boredom and  
restlessness are  
challenging to endure.



A faded background image of a person climbing a rock face. The person is in a crouched position, using a pickaxe to ascend. The rock face is textured and shows some horizontal cracks. The overall tone is light and desaturated.

See how long you can  
last and try to surpass  
your previous record  
each week.



A silhouette of a person standing on the edge of a dark, rocky cliff. The person is holding a large, dark, textured sphere with both hands, as if they are about to throw it. The background is a vast, blue-tinted mountain range with deep valleys and jagged peaks.

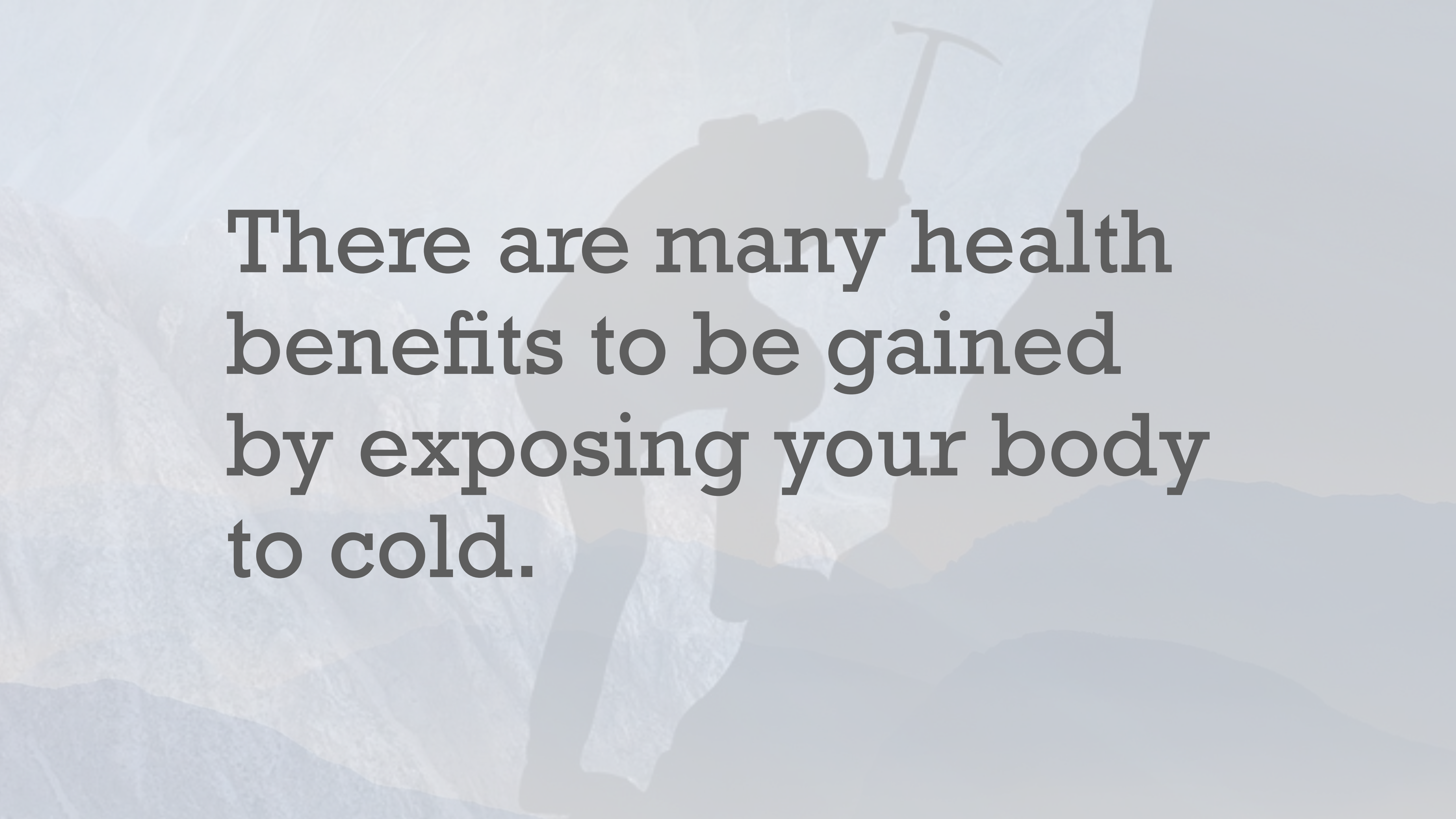
**5. Try taking a  
cold shower.**



A person is shown in silhouette, climbing a steep, textured rock face. They are using a pickaxe to ascend. The background is a light, hazy blue, suggesting a sky or distant landscape. The overall tone is one of physical effort and challenge.

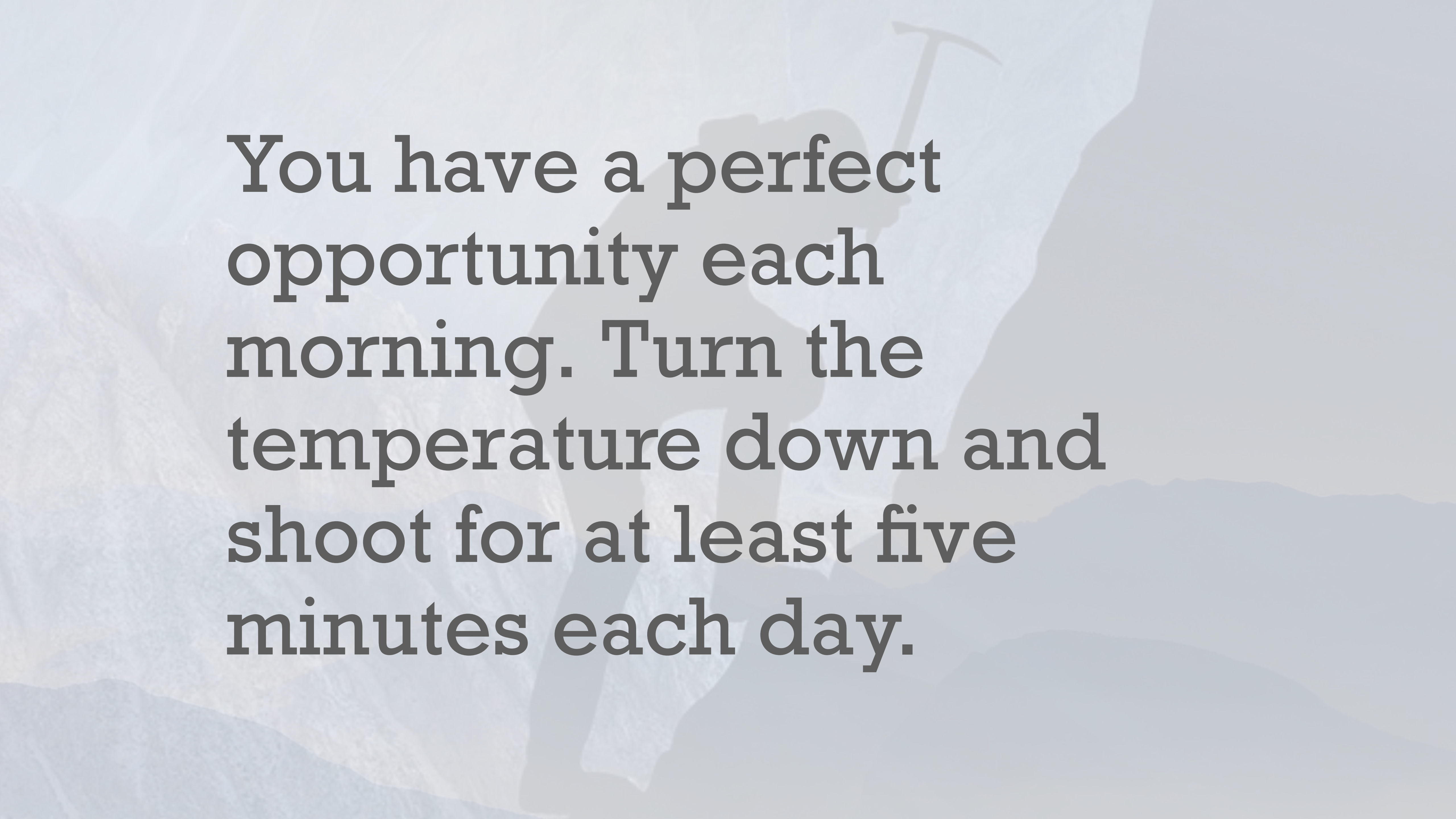
**This is a convenient  
physical challenge.**



A faded background image of a person climbing a rock face. The person is in a crouched position, using a pickaxe to ascend. The rock face is textured and light-colored, while the background is a soft, hazy blue.

There are many health  
benefits to be gained  
by exposing your body  
to cold.





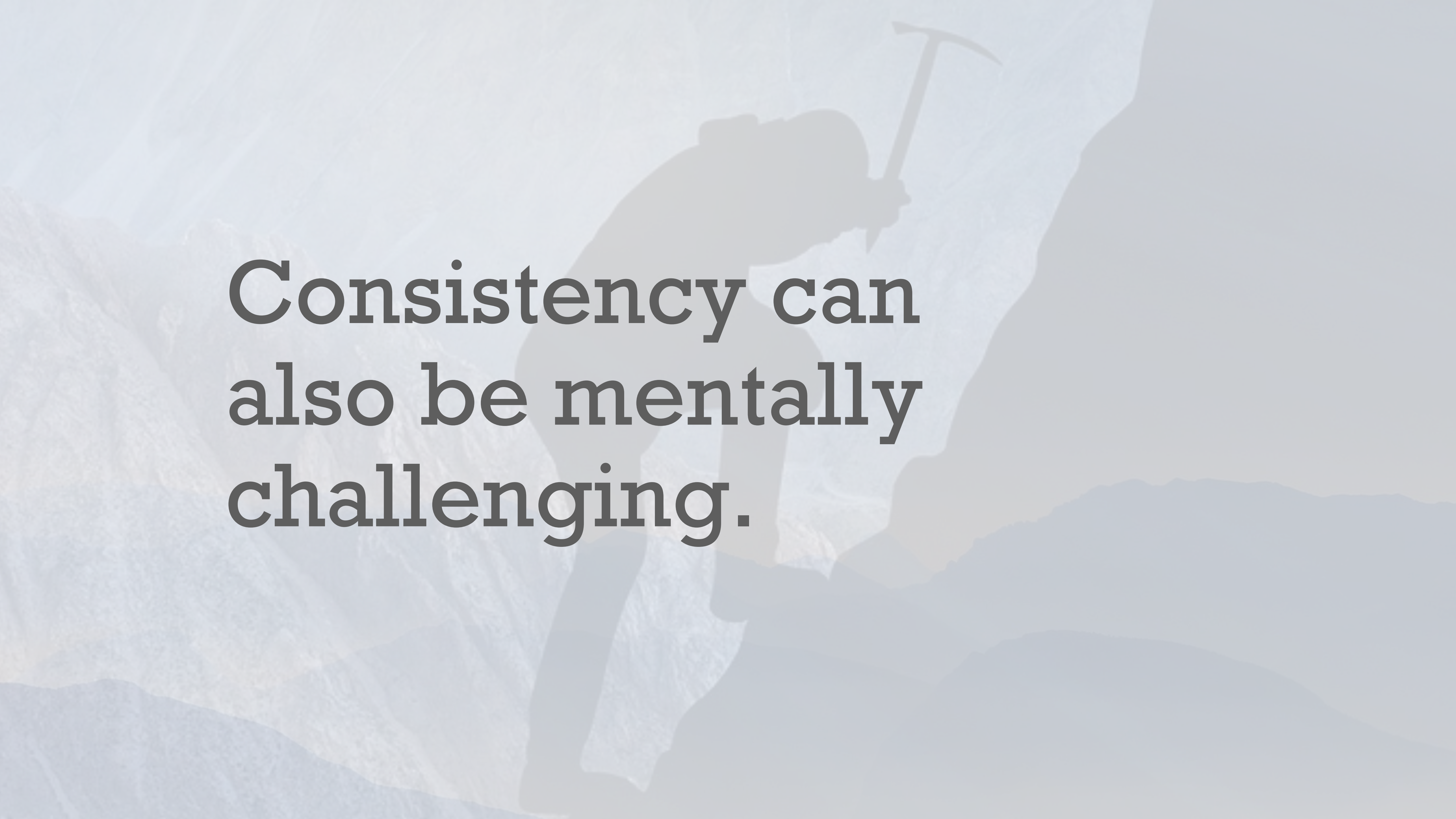
You have a perfect opportunity each morning. Turn the temperature down and shoot for at least five minutes each day.



**6. Do a 30-day  
challenge.**

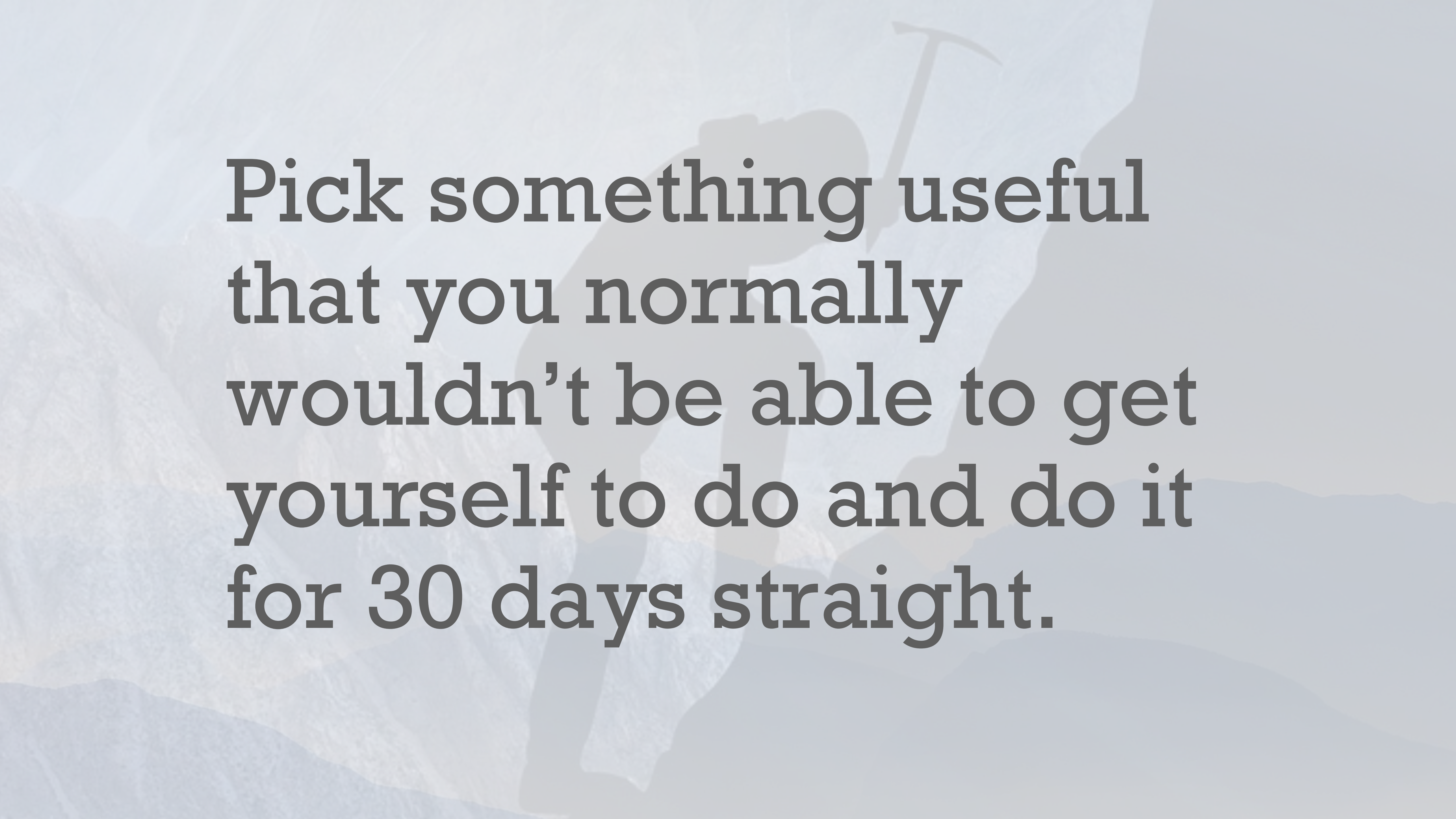




A person is shown in silhouette, climbing a steep, textured rock face. They are using a pickaxe to ascend. The background is a soft, hazy landscape with rolling hills under a light sky. The text is overlaid on the left side of the image.

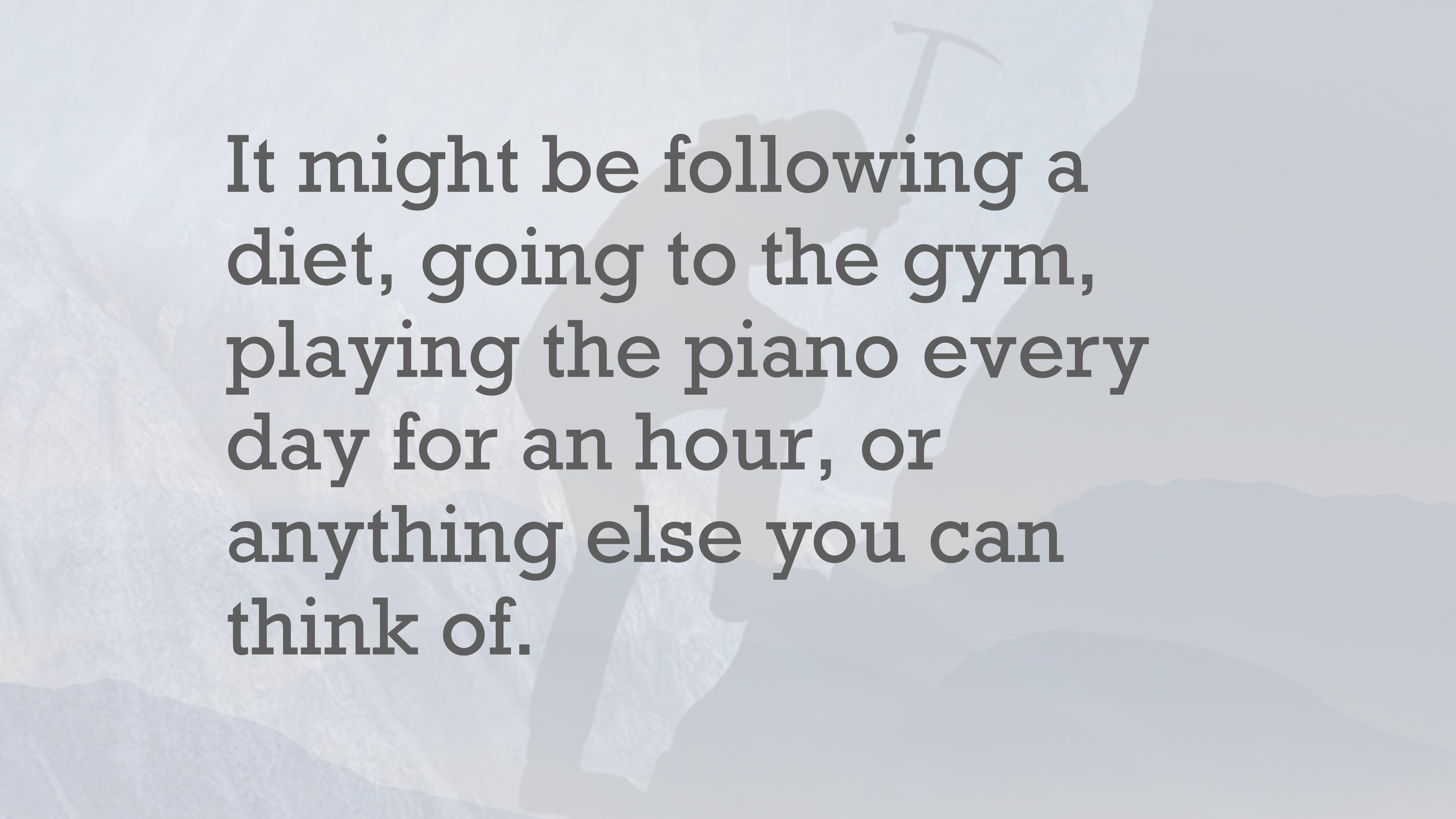
Consistency can  
also be mentally  
challenging.



A faded background image of a person climbing a rock face. The person is wearing a helmet and using a pickaxe to ascend. The text is overlaid on the image in a large, dark, sans-serif font.

Pick something useful  
that you normally  
wouldn't be able to get  
yourself to do and do it  
for 30 days straight.



A faint, grayscale background image of a person climbing a rock face. The climber is positioned in the center, using a pickaxe to ascend. The rock surface is textured and uneven. The overall tone is muted and artistic.


It might be following a diet, going to the gym, playing the piano every day for an hour, or anything else you can think of.



The background of the slide is a blue-tinted photograph of a mountain range. In the foreground, on the left, a dark silhouette of a person is shown pushing a large, dark sphere up a steep, rocky incline. The person is in a strenuous pose, leaning forward with one leg back. The sphere is large and textured, resembling a planet or a large rock. The mountain range in the background consists of several peaks, some of which are covered in snow or light-colored rock, creating a sense of depth and scale.

**7. Talk to strangers.**



A faded background image of a person climbing a rock face. The person is in a crouched position, using a pickaxe to ascend. The rock face is textured and shows some horizontal cracks. The overall tone is muted and greyish.

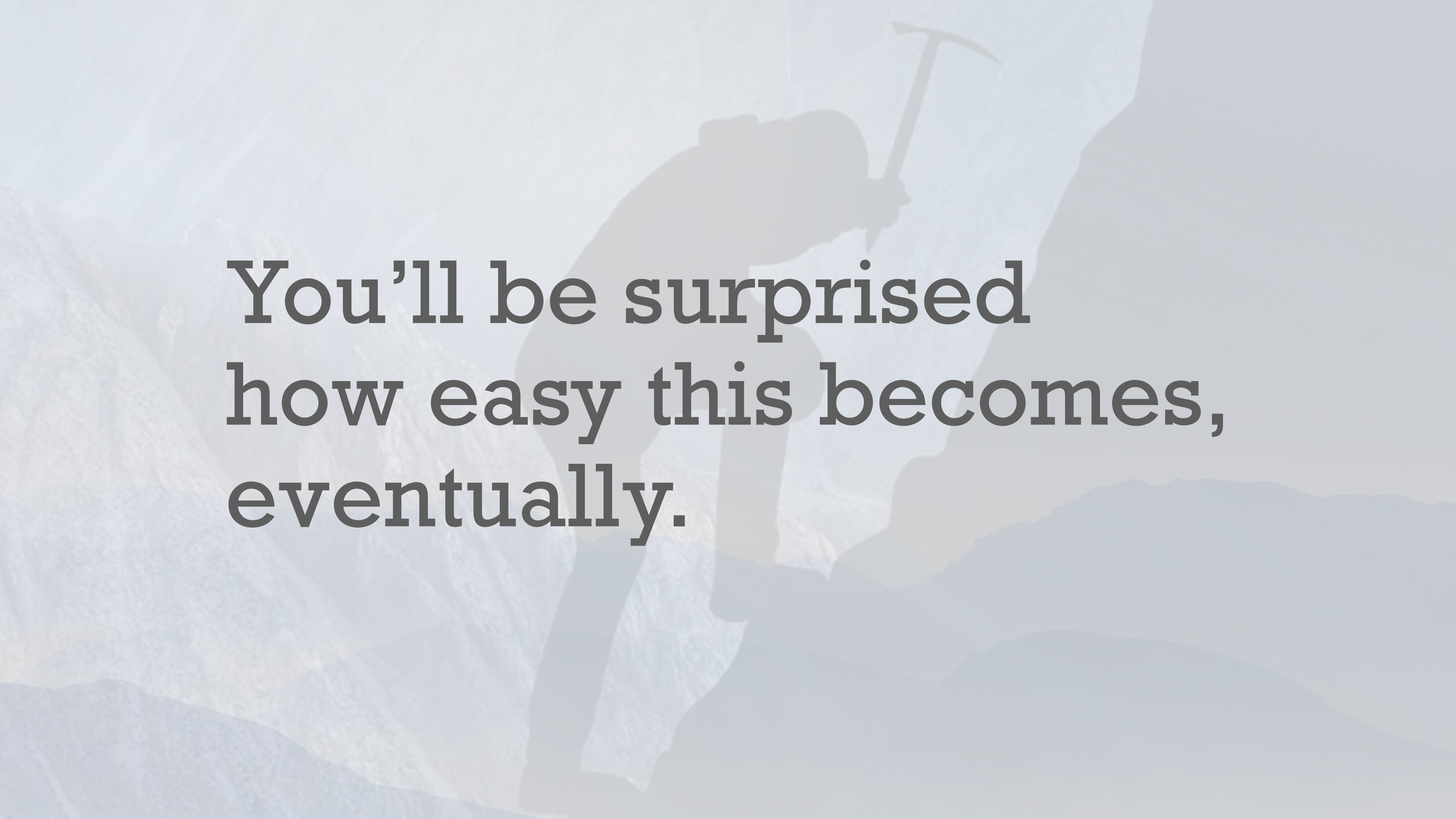
**Most of us dislike  
talking to complete  
strangers.**



A faded background image of a person climbing a rock face. The person is in silhouette, using a pickaxe to ascend. The rock face is textured and shows some horizontal lines, possibly from previous climbs or geological features. The overall tone is light and airy, with the text overlaid in a dark, bold font.

There are people  
everywhere. Just pick  
one and start a  
conversation.



A person is shown in silhouette, climbing a steep, textured rock face. They are using a pickaxe to ascend. The background is a light, hazy blue, suggesting a sky or distant landscape. The overall tone is one of challenge and achievement.

You'll be surprised  
how easy this becomes,  
eventually.



The background of the slide is a blue-tinted photograph of a rugged mountain range. In the lower-left foreground, there is a dark, textured silhouette of a person pushing a large, dark sphere up a steep, rocky incline. The person is in a crouched position, leaning forward, with their arms extended towards the sphere. The sphere is large and textured, resembling a rock or a large ball. The mountain range in the background consists of several peaks and ridges, with some snow or light-colored rock visible on the higher slopes. The overall tone is blue, giving it a cool, somewhat somber feel.

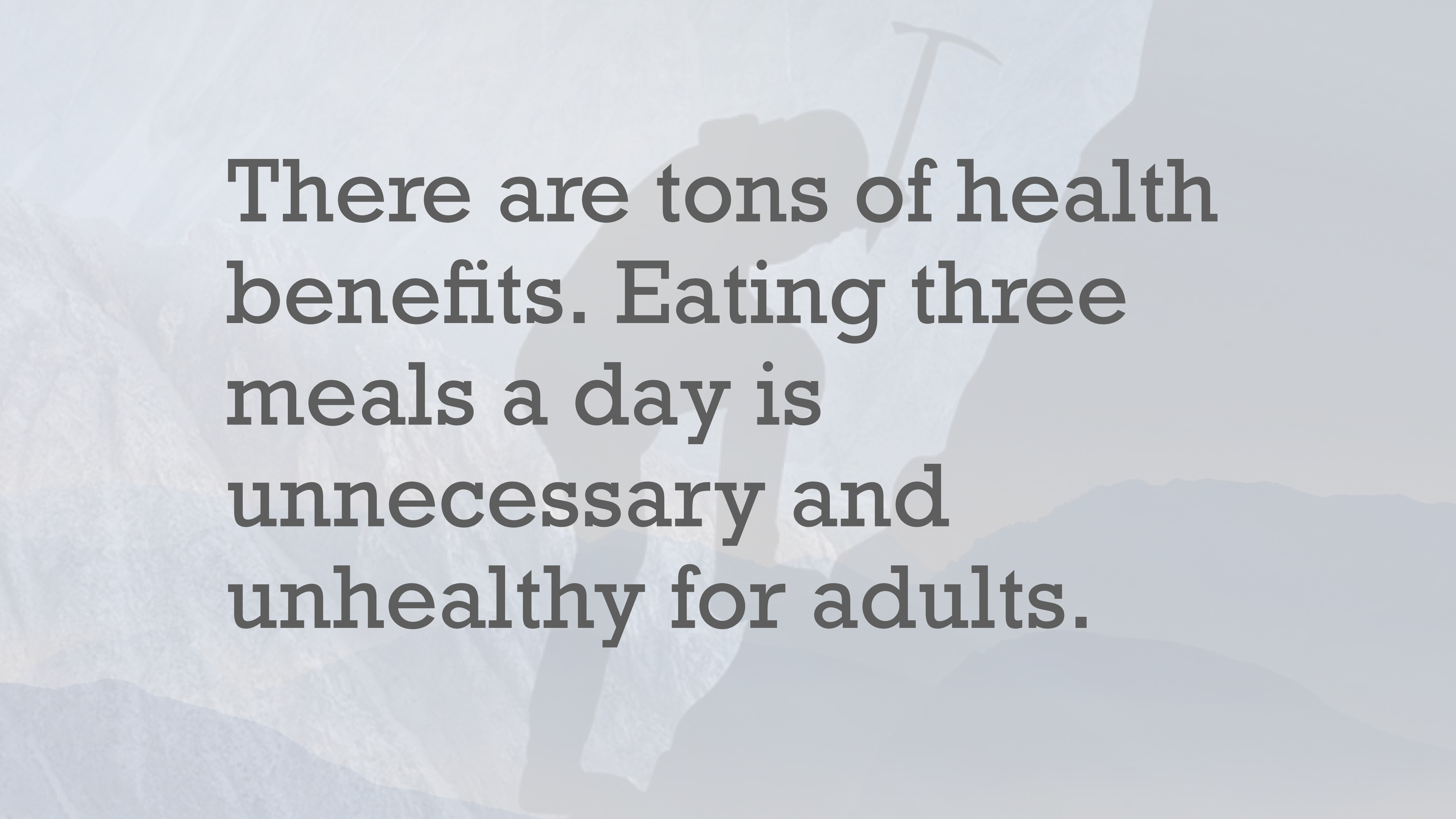
**8. Fast.**



A faint, grayscale background image of a person climbing a steep rock face. The climber is positioned in the center, using a pickaxe to ascend. The rock surface is textured and layered, with the climber's silhouette clearly visible against the lighter rock. The overall tone is somber and challenging, reflecting the theme of the text.

**Try going a few days  
without food.**



The background of the image is a faded, light blue-toned photograph of a person climbing a rock face. The climber is positioned in the center-left, using a pickaxe to ascend. The rock surface is textured and uneven. The overall image has a soft, ethereal quality due to the light blue tint and fading.

There are tons of health  
benefits. Eating three  
meals a day is  
unnecessary and  
unhealthy for adults.



A person is shown in silhouette, climbing a steep, textured rock face. They are using a pickaxe to ascend. The background is a soft, hazy landscape with rolling hills and a clear sky. The text "Talk to your doctor first." is overlaid on the left side of the image.

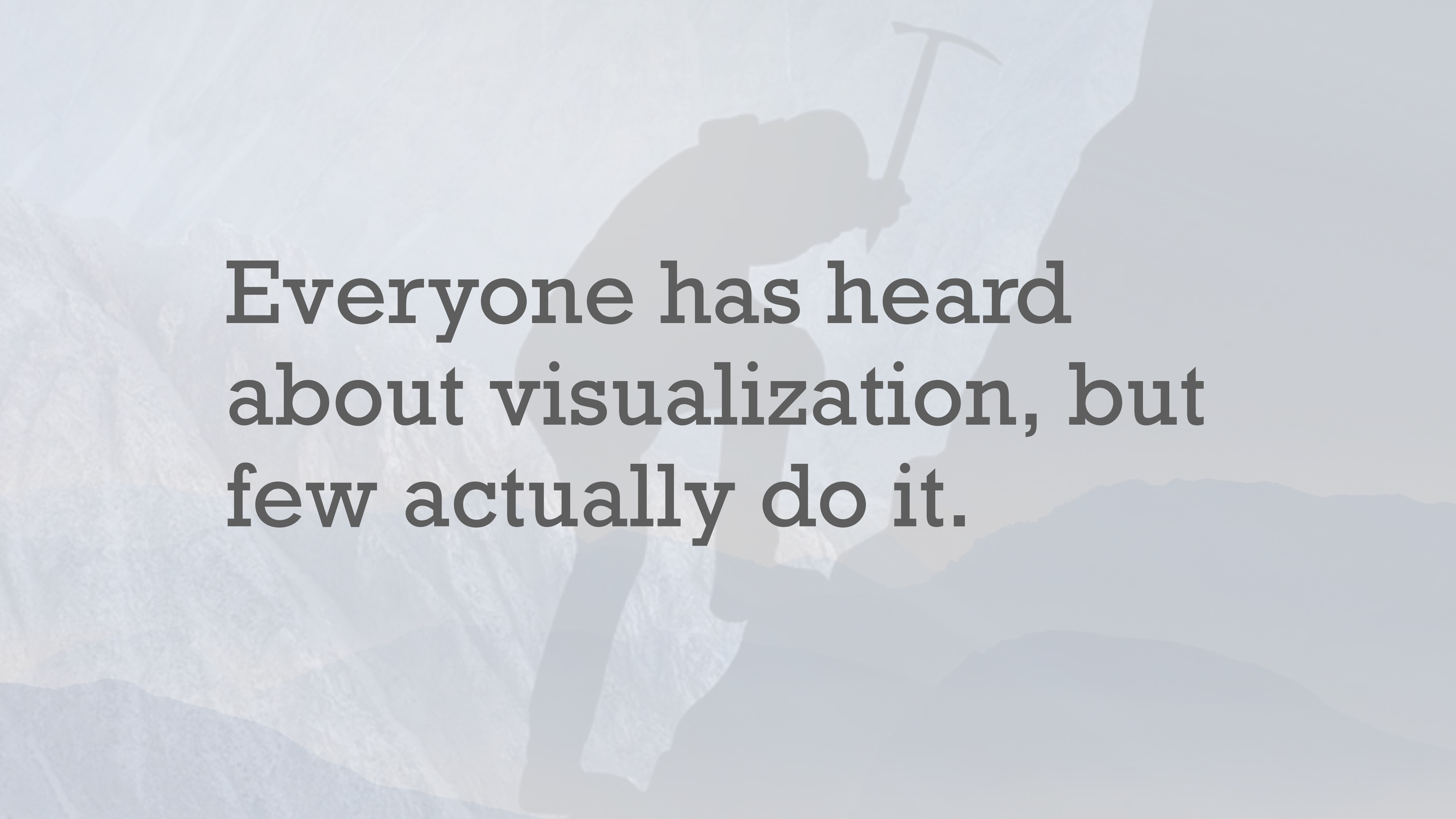
**Talk to your doctor  
first.**



# 9. Visualize.







Everyone has heard  
about visualization, but  
few actually do it.



A faded background image of a person climbing a rock face. The climber is positioned in the center, using a pickaxe to ascend. The rock face is textured and shows some horizontal cracks. The overall tone is light and motivational.

You can improve your  
mental toughness by  
practicing in your  
mind.



A faint, grayscale background image of a person climbing a steep rock face. The climber is positioned in the center, using a pickaxe to ascend. The rock surface is textured and craggy. The overall tone is motivational and challenging.

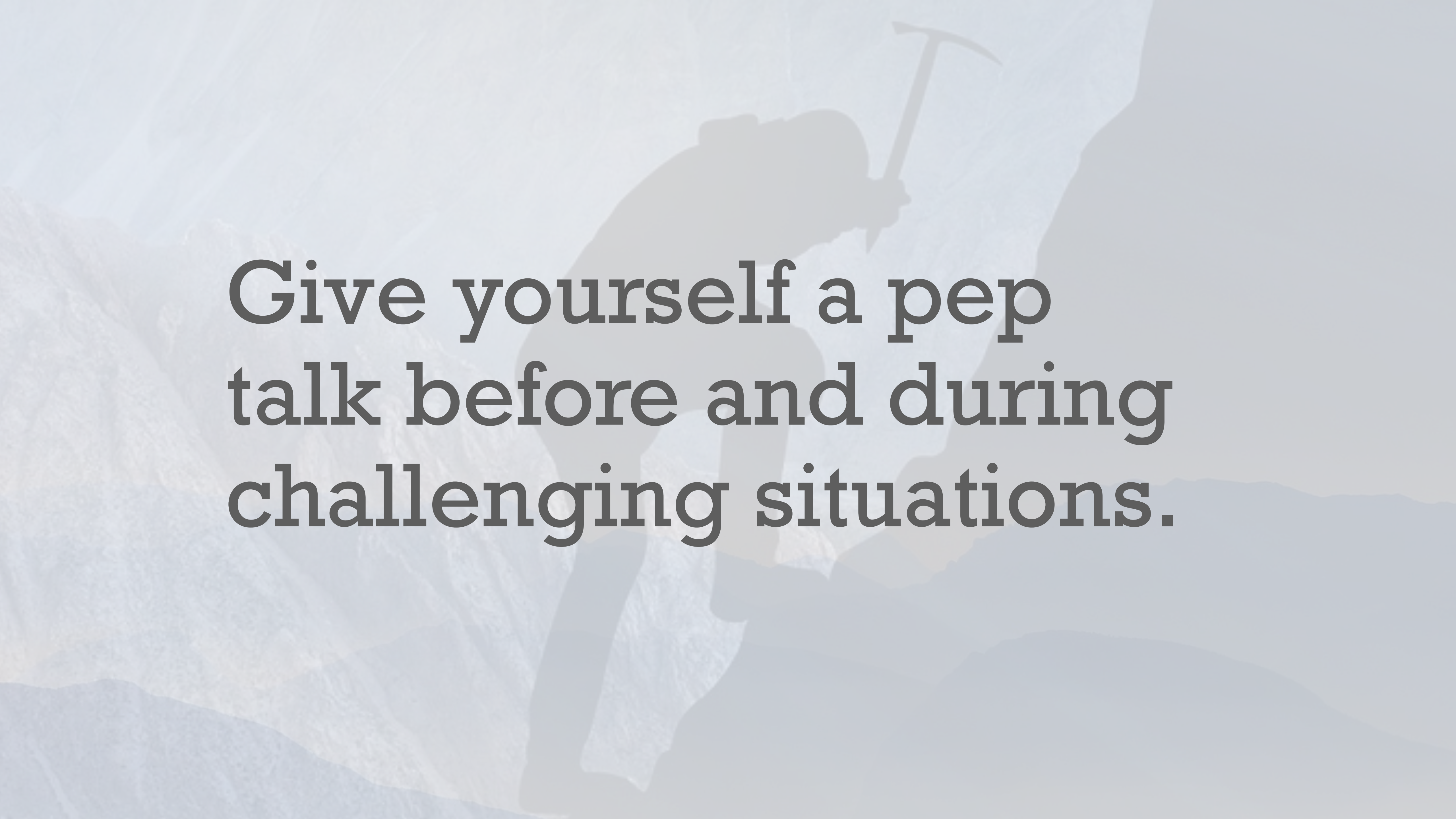
**Visualize yourself  
overcoming  
challenging situations.**



A blue-tinted background image of a mountain range. In the foreground, a dark silhouette of a person is climbing a steep, rocky slope. The person is holding a large, dark, textured sphere. The text "10. Talk to yourself." is overlaid on the right side of the image.

**10. Talk to yourself.**



A faded background image of a person climbing a rock face. The person is wearing a helmet and using a pickaxe to ascend. The text is overlaid on the center of the image.

Give yourself a pep  
talk before and during  
challenging situations.



A grayscale photograph of a person climbing a steep, craggy rock face. The climber is positioned in the center-right of the frame, leaning forward and using a pickaxe to ascend. The rock surface is highly textured with various cracks and ledges. The background shows more distant, hazy mountain peaks under a light sky. The overall tone is motivational and adventurous.

**Tell yourself that you  
can handle it.**



**11. Get up early.**

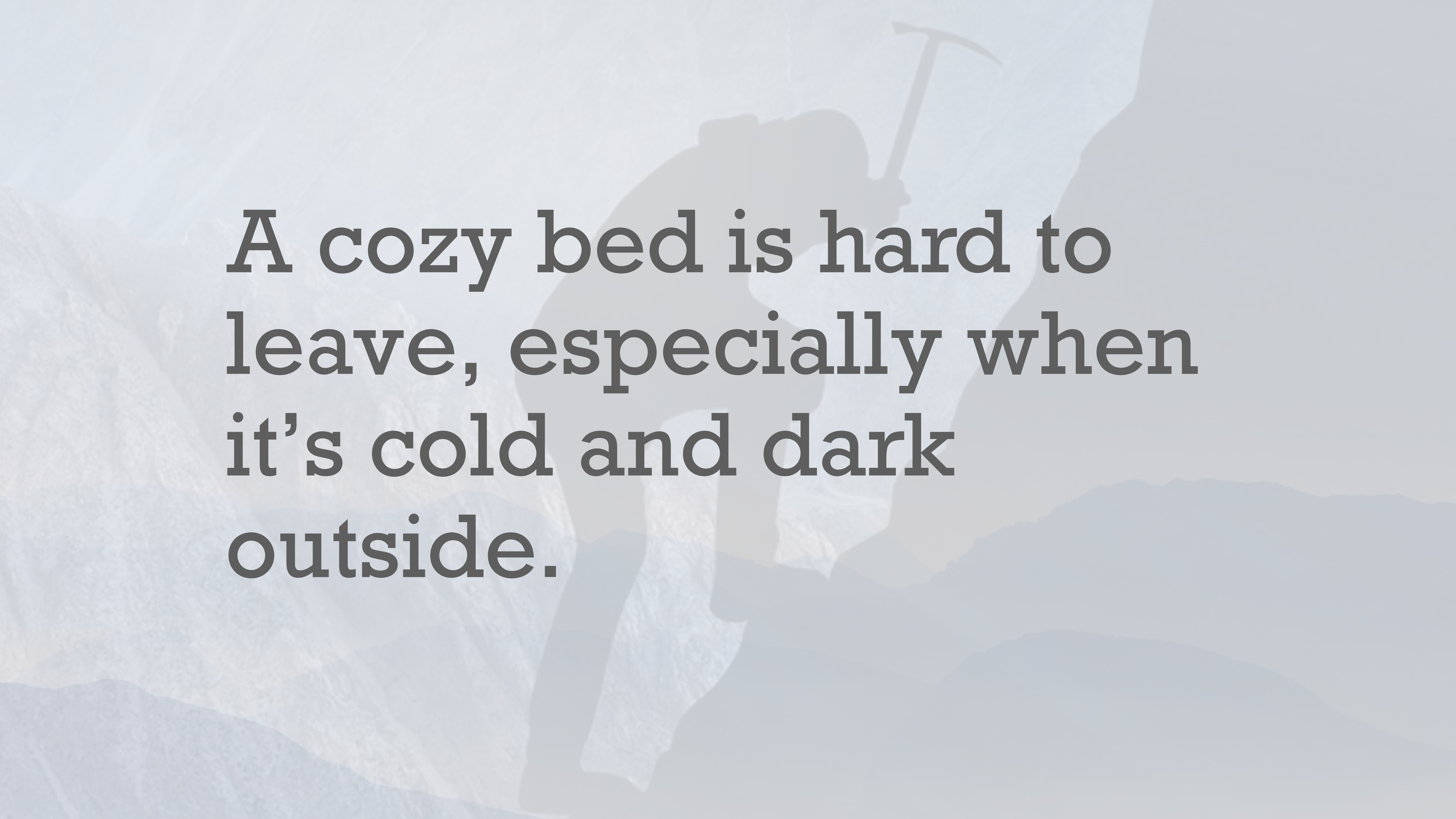




A person is shown in silhouette, climbing a steep, light-colored rock face. They are using a pickaxe to ascend. The background is a soft, hazy landscape with rolling hills under a pale sky. The text is overlaid on the left side of the image.


Getting up earlier than  
absolutely necessary is  
a challenge.



A faint, light blue background image showing a person climbing a rock face. The person is positioned in the upper center, holding a pickaxe. The rock face is textured and occupies the left side of the image. The overall tone is light and airy.

A cozy bed is hard to  
leave, especially when  
it's cold and dark  
outside.



A silhouette of a person climbing a mountain peak, using a pickaxe. The person is positioned in the center-right of the frame, leaning forward and upward. The background shows a rugged mountain landscape with various peaks and ridges. The overall tone is light and airy, with a soft gradient from light blue to white.

Try getting up an hour  
earlier for a month



**Most of us know  
enough to be much  
more successful  
and satisfied than  
we are.**





**Our level of  
willpower is the  
limiting factor  
for most of us.**





**Practice these  
strategies regularly  
and you'll be  
pleasantly surprised  
with the results!**

