

# 3 Things That Will Improve Your Endurance

Endurance is an essential quality for anyone who sets their mind to blaze new trails-whether starting a new business, achieving big aggressive goals, or anything that requires you to accomplish great and powerful tasks. When you have endurance, you know you can manage the consequences of courageous personal decisions and you are willing to stick it out, no matter what! Here are 3 things that can help you improve your mental muscle, endurance.

1. **Practice Makes Perfect** – Endurance is a mental muscle. To build strength in your endurance, you must take every opportunity to practice. Every time you reject the temptation to give up on your goals and dreams, your endurance becomes stronger. This is no easy task since the right thing to do is most always the hardest choice. Your self-talk is the key to digging in and staying the course. Chances are, you're not going to "feel" like doing what it is you need to do for success. There will always be the temptation of an easier way out, but you must remember that the emotion follows the action. Even though you may not want to do the harder task, you must plow through and do it anyway. Once you take the action, your emotion will catch up. You will never regret making the better and harder choice so that you can be successful in your goals and dreams. The more you practice endurance, the stronger your endurance will be. Remember, practice makes perfect
2. **Envision the end goal** – Picture yourself being successful in your goal. Get a vision of where you will be, how will you feel, what you will do, how you will behave, and even what you're wearing. Imagery can help

the goals in your mind become reality. You should also consider what will happen if you aren't successful or you give up on your goals before seeing them to fruition. How will you feel about the failure and what will you do? Even more, what will the consequences be? If you're trying to fulfill a big goal that impacts your personal health like losing weight, or giving up an addiction such as smoking cigarettes, the results of failure can be detrimental. Sometimes, getting a good mental image of the negative effects can be a real motivator to help you dig in and keep going when you want to give up. Remember, practicing endurance can be painful, but the pain of not achieving your goal could be worse. When you envision that pain and put your mind in your future self, you can draw strength from that.

3. **Never, ever give up** – One of the main reasons people give up on themselves is they forget that failure isn't the end, and they don't have the endurance to push through after failing. You must be sold out on yourself, your goals, and your dreams. You must believe the best is yet to come, no matter what. You may make mistakes, but you don't quit. Remember this quote; "Come what may, all bad fortune is to be conquered by endurance."

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