

# 6 Steps to developing fortitude!

Fortitude is mental and emotional strength that allows someone to face adversity, pain, temptation, and difficulty with courage. Having fortitude is necessary for success. If you easily break under pressure, or get frustrated with the process, it can cause you to give up when the going gets tough. In life, you will face obstacles and challenges, but how you meet them will determine your results. Preparation is key to having fortitude when you need it, and you can be up for the challenge if you do the work ahead of time.

Here are 6 steps that you can follow to help you develop fortitude and be ready when you're faced with any challenge.

## 1. **Decide what you want:**

You must know what you're fighting for and why. What do you want your life to look like, what does success mean to you? If you are lukewarm with your goals and dreams than when the going gets tough, you will crack under pressure. Be all in on what it is you want to accomplish and decide that you will achieve it know matter what!

## 2. **Make a plan:**

The key is to know where you are going. You wouldn't leave home without a destination in mind. The same is true for your goals. You need a clear map of your journey. What steps do you need to take and what are your priorities? Don't just fly by the seat of your pants, create a plan, and stick with it.

## **Evaluate often:**

Take ownership of your choices. Be honest with yourself and evaluate every situation. Mentally strong people are not afraid to take a self-evaluation and make any necessary changes. It is important to evaluate and adapt when obstacles come along.

## **4. Practice discipline:**

Discipline requires you to say no to the immediate gratification so that you can hold out for the result you really want. It feels painful at the time, but it reaps great reward in the end. When practicing discipline you must be effective in managing your emotions. Remember that discipline begets discipline, and it is a mental muscle. So, the more you practice discipline, the stronger your discipline muscle becomes.

## **5. Prepare for disappointments:**

Disappointment is not disaster. You should expect to make mistakes, but that does not mean you should give up just because you weren't perfect. Be prepared for difficulties and the challenges that may arise. Be ready to fall but be sure to get back up when it happens.

## **6. Be relentless:**

To have fortitude, you must be determined. Successful people don't just give up when things get hard. When the going gets tough, the tough get going. Be relentless in your journey to success. Sure, you may have detours or even roadblocks, but remember our rule of success. Never, never, never, never, and we mean never, give up! Be relentless in your goals and dreams!

3.

Just one final thought. Attitude is everything, and your

attitude is a direct result of the thoughts you hold on to. Focusing on problems only creates more problems. If you want a mindset of fortitude, you must focus on the positive. Focus on the things you can change and not on the things you can't. If you practice these 6 steps on a regular basis, and remember to focus on a positive attitude, you will be prepared for any adversity that comes your way, and you will be able to have fortitude when times get tough.

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