

Be the one!

Hello and welcome to the newest edition of your Weekly Winning Resource all about the word strong. When you think of the word strong, you most likely think about muscles and being physically strong. However, for the sake of you being successful in the things you desire, we want you to fix your thoughts on being mentally strong. When it comes to achieving your goals and dreams, being mentally strong is what will be the difference maker in whether or not you accomplish what you want to achieve. Rejecting and replacing unhealthy thoughts, behaviors, and feelings that are sabotaging your best efforts is a start to building a strong mental mindset. Think about the hard work that goes into building physical strength, it's just as hard building mental strength. While you use weights to build physical muscles, you use practice to build mental muscle. The more you practice being mentally strong, the stronger you become. Our mission at I've Decided is your success. We want to make sure you do not give up on your goals and dreams. We know it's going to take some mental toughness and strength to stick with your goals during these difficult times, but we also know with the help and support from your I've Decided Community, you can do it! You are stronger than you think.

Your Weekly Winning Word:

Strong:

Someone with confidence, determination, and emotional strength.

Your Weekly Winning Article:

If you are going to be mentally strong, there are a few things you may need to stop doing. We found this great article by Amy Morin that describes 13 things mentally strong people do not do. Check it out. [Click Here To Read](#)

Your Weekly Winning Challenge:

Take some time this week to self reflect and consider any common pitfalls that you're prone to when it comes to you being mentally strong. Pick one pitfall and practice replacing that unhealthy thought or behavior with something more productive and impactful.

Your Weekly Winning Quote:

You never know how strong you are until being strong is the only choice you have. ~Unknown

WE NEED YOUR HELP...Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!



Included in your I've Decided Membership are our Success Groups. We are excited to bring these resources to you in order to help you achieve your goals and dreams. We have designed these monthly success groups to help you make progress with your goals and dreams and provide you the opportunity to network with other people who are interested in a similar goal to you, advice and information from an expert coach, and the support you need for success! [Click Here To Watch Any Of Our Past Success Groups Recordings](#)

Can you really be mentally strToday on Our Community: host Andy Thornton is joined by Shalessa Pie to discuss the benefits of being #Steadfast to fuel you success in life.

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