

EXCELLENCE THROUGH MENTAL STRENGTH by Lionel Baugh Excerpt

The two greatest enemies of mental strength are negative self-talk and self-pity. The ability to reframe or adjust is the most impactful skill in addressing attitude and self-talk. Reframing changes the way people think, feel, and behave. To understand reframing better, let's use some metaphors: You can think of a glass as half empty. By reframing, you might start to think of it as half full. The amount of water is the same. However, you've changed the meaning by changing the point of focus. This is a nuance. However, it transforms everything. Reframing is used to discover more resourceful ways of thinking. For instance, 'I feel like I'm on the edge of a cliff' might be changed to 'I'm acting within fine limits of precision and accuracy.' The situation is the same. The meaning you attach to it seems different. When you recognize unhelpful thinking styles and self-talk, you can ask yourself 'might there be a better way to think about and express this?' The key with un-resourceful thinking styles and self-talk is: 106 • Recognize • Reframe/adjust To become high achievers, here is a list of items to reframe. It's not comprehensive. Acquire the habit of spotting unhelpful thinking styles and finding a handy way of re-expressing them to be more resourceful. The mind is very good at this, once you ask it to be. 'Threat' versus 'Challenge' The ability to reframe a threat into a challenge is the most admired trait of all, and rightly so. It's the one most associated with success and happiness.