



7 HABITS

OF MENTAL STRENGTH



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7 HABITS OF MENTAL STRENGTH

THE GOOD NEWS IS THAT WE CAN ALL BUILD OUR MENTAL STRENGTH. FIND YOUR OWN ROLE MODEL FOR HIGHER MOTIVATION AND START CONSCIOUSLY EMULATING THESE SEVEN SIGNIFICANT TRAITS THAT DEFINE THEM.

THEY HAVE A PROACTIVE APPROACH TO LIFE

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become your character. Watch your character; it becomes your destiny" (Lao Tzu).

Proactivity requires you to be aware of your own mission and your own time. It means starting each day with purpose by taking control of what you do and when you do it. It means taking ownership of your own lift. To behave responsibly. To work for things to happen. To focus on what is essential. Mentally strong people adopt a proactive approach to life by defining which path to follow. If there is a will, there is a way. What do you want from your life and what are you doing to make it happen?

THEY MOVE ON FROM THINGS THEY CAN NOT CONTROL

"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't" (Steve Maraboli)

Focusing on what we cannot control takes our energy and attention away from what we can actually control. Mentally strong people are not trying to manage it all. They acknowledge their

limited power over all those things they cannot control and all those things they should not control. They have developed and exercise the discipline required to stop worrying about what they cannot influence. They know they can affect the outcome, but they cannot control it. They use their energy on their personal input into things instead of worrying about an outcome they cannot control. We cannot control what people think about us, but we can work hard to create stable and friendly relationships. We cannot ensure we will be selected for a job offer, but we can prepare ourselves thoroughly for it.

THEY EMBRACE THE UNEXPECTED AND MAKE THE BEST OF IT

Life can be tough. But focusing on the feeling that we don't deserve to feel this way will not be of any help. Mentally strong people develop a positive thinking strategy to find always the bright side of life. They do not assume the victim role. They do not focus on finding culprits. They do not compare their miseries with those of others. They decide to grow with adversity and challenge by overcoming obstacles and twist them to their advantage. They are flexible enough to adjust to the unexpected and accept it as part of the bigger plan.

THEY LOOK AT THE PAST, BUT THEY LIVE AND ENJOY THE PRESENT WHILE PLANNING FOR THE FUTURE.

Mentally strong people look back to learn or to honour what once was. But they do not get stuck in there. Even if old times were great. Because they know that the soul becomes old when the past is heavier than the present or the future. Mentally strong people understand that there is no better moment than the present because now is all we have.



THEY CALCULATE RISKS

Mentally strong people are prudent. They have a plan. They estimate all the different options and identifiable consequences, and they make intelligent choices. This does not mean they do not dream big or withdraw themselves from difficult situations. Contrarily, they are usually prepared to reach high and far as they have developed the needed resilience to overcome obstacles and focused on the desired goal. They take risks, but they are not reckless. They know their actions have aftereffects so they behave consciously.

THEY DO NOT GOSSIP

“Great minds discuss ideas; average minds discuss events, small minds discuss people”
(Eleanor Roosevelt)

Mentally strong people are focused on the positive side of life. They spend their energy on self-improvement, and they is why they tend to spot those traits from other that they can emulate for the better. Strong people who live with conviction and sincerity see the good in others and learn from others’ mistakes without spreading the dark around. They are busy thinking and planning big.

THEY ARE KIND

Being kind is now scientifically proven to strengthen our relationships and our sense of satisfaction in life. Contrary to what has always been though, it is not a symptom of naivety or weakness but required courage and strength. Categorized as a main interpersonal skill, mentally strong people develop high standards of it. Confident about themselves and focused on self-improvement, they do not compete with or envy others. Self-awareness, and self-confidence make them more prone to accept others and celebrate goodness. They are open eyes to detect other suffering and enough sense of mission to give of themselves to provide for the rest. They do not just live life through a self-centered approach. They build healthy relationships through warmth and trust. They care about others and they caring is what usually leads them to top management positions and successful interpersonal relations. They find time and energy for people around them.

FOR MORE INFORMATION CONTACT



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