

14 things people with strong will often do to achieve success

Let's find out 14 things that people with strong will often do to achieve success!

In life, we all have moments of reach and feel that we cannot continue. Life has " *defeated* " you. You become frustrated, desperate and feel like there is no escape. So do you want to know the difference between people who can manage and turn difficult things into their own benefits? It all depends on **how you think** . If your spirit is strong, you will always feel happy in any situation. If you want to become one of them, read the 14 things that strong-willed people do to achieve success!



1. Control emotions with reason

Those with strong will will not let personal feelings dominate things. This does not mean that they have no emotions. Of course everyone has feelings but they know how to not let them control themselves in certain situations. They have the ability to control themselves and know how to make their thoughts logically control their emotions.

2. Reconsider the incident

Instead of seeing obstacles as trouble, people with strong spirits often think of opportunities as learning experiences. They do not see the tragedy but instead are the light of victory. They realize things can always be worse. They know that there are many others who suffer more than they actually do. So, immediately (*or eventually*) they will re-examine the problem in a more positive way.

3. Always keep calm

If faced with crisis, they don't take too much time to worry. For example, if they discovered that they would soon have to quit their job, they would not become too desperate or start crying, lamenting it to everyone around them. They just breathe, focus on themselves and tell themselves that things will get better. Then they started acting immediately to solve the problem (*like applying for a new position, for example*). [5 ways to overcome Dale Carnegie's fear and worry]



4. Accept things that they cannot change

You have to pay your rent, tax if you want to keep your home and it can't be changed. You must learn to live in harmony with your spouse or co-workers. And these are also things you can't change. Therefore, all you can do is simply accept the things you can't change. That's what people with strong will always do. Because they understand the difference between what they can and cannot change. They accept it because otherwise it will just be like adding fuel to the fire.

5. Respect what you have

I know many people have very good lives but always complain about what they don't have. Those with strong spirit will not do so. Because they know that they are lucky. They look at what they have and always feel grateful and appreciate it. Appreciation is one of the emotions that brings a lot of vibrations and the best thing for you.

6. Don't pay attention to negative things

Instead of seeing a cup with half or half full images, those with strong spirits will see the cup full: half the water and half the air. They only focused on finding solutions. For example, if they encounter problems in marriage, they will focus on the loveliness of their husband / wife, not what they hate in the other half. After that, both husband and wife will work together to find a solution.



7. Responsible for your own thoughts and actions

If something goes wrong in life, they don't blame others. Because they know that they are the ones who master the successes, as well as the failure of themselves. Therefore, they never considered themselves victims.

8. Always value yourself

A lot of people think that respecting yourself is like being conceited or having a big ego - but that's not true at all. People who really value themselves will never boast how great they are because they don't have to. Everyone knows how great they are because anyone can see it. People who have strong will always value themselves and are confident that they can do anything.

9. Learn from past experiences

Many people choose to bury themselves in the sand and ignore the past, especially a traumatic past. But they also know that the past has created them today. They know how to look at past successes and failures and make better things in the future. As poet Maya Angelou said: " *When you know more, you will do better* ." Those who have strong spirit will not remember the past with "mistakes" or "failures" but instead consider them " *lessons learned* ".



10. Change what they can

As mentioned above, there are things you can't change but most things in life can be changed. So if people with strong spirits do not like their current job, they will find another job. If their relationship goes wrong, they will talk to the other half to work together. Don't stop by the stagnation. And keep moving forward by making positive changes. [11 skills are extremely difficult to study but extremely helpful in the successful path]

11. Self-assessment

Strong-willed people constantly ask questions so that they can understand why they themselves do so. This is a skill that anyone can do but those with strong spirit have mastered this skill. They understand themselves and know the effects of their behavior on their lives and their relationships. It can't change things that I don't recognize and they know this very well.

12. High discipline

Of course, there are always things we don't like to do but while a lot of people avoid or delay doing it, strong people know how to train themselves to do what they need do. They do not hesitate to act even if it is not pleasant at all, because this is the right thing to do. They are ready to welcome challenges and take responsibility for themselves.



13. Do not envy others

" *Envy* " is an extremely terrible thing. Many people often compare themselves with others and think they are inferior. People with strong will are not. They cherish what they have and know that each person is different. Each person has his or her own path and they always welcome the success of all, including themselves. [15 things people who are self-confident don't usually do]

14. Constantly moving forward

Those with strong will never give up. They never want to see themselves as a loser. If everything is not the same as the plan, they will create a new plan, move forward to have a beautiful future.

If you don't think you're a strong will, don't worry. You can do it. All you need is to practice perseverance. Because nothing is impossible if you really work hard.

Good luck!!!

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