

# The secret to having steel spirit in life

In life when you face difficulties, if you keep yourself cool and brave, you can step by step overcome all waves easily. But not everyone has the spirit of steel in life.

When you are in front of the life wind, if you keep calm, bravery and steel spirit, you are sure that success and step by step can overcome all difficulties easily. Everything requires us a steel spirit to be able to react resiliently to failure and all adversity in life.

But not everyone is brave enough to overcome all storms and storms. In this article, the network administrator will send you the article with tips to help you train yourself in the spirit of steel, to cope with all situations in life.

## 1. Define clear objectives:

Studies show that the more clear and specific your goals are, the better you can do the tasks needed to achieve that goal. The general goals (such as wanting to be rich, wanting to travel many places) are too vague, it will take us a long time to know what we need more in life.



Specific goals must be realistic and achievable within a specified period of time (for example, the salary will be 10 million for 2 years of working, traveling for 3 Southeast Asian countries before age 22 ).

### Secret:

1. Identify your own needs.
2. Clearly describe what you need.
3. List what you want - it helps us try to achieve more goals.

4. Identify things that will hinder your path to success.
5. Create milestones for your own plan.
6. Divide clear things to do.

## **2. Face the pain:**

We all know that there will be most motivations when something is approaching the deadline. Similarly, we can use that way to train the spirit of steel, to easily overcome tough challenges.



It is not easy to face other competitors, or to advance at work, but if you try to pursue it to the end, despite the emotional pain (and physical), you will see What that goal means. People with steel spirit often continue to move forward when they reach their pain threshold, because their spirit has been trained to deal with them. "No pain, no gain" is the most common tactic for them.

### **The secret**

1. Once you've reached your tolerance level when something unfortunate happens, stay calm and stay focused. From there, think of the necessary steps to overcome that pain, instead of giving up. If you lose focus, you will be confused and your brain will generate more negative thoughts.
2. Make your goals clear. Athletes often think how far they are to reach their destination, instead of how much they have already started.

## **3. Always competitive**



Have you ever felt embarrassed when having a jogging daughter still "buffalo" than you? Healthy competition will be a big leverage for us, making us overcome our limits.

**Secret:**

1. Identify your competitors.
2. Determine your position compared to them.
3. Choose the closest competitor.
4. Determine what to do to overcome them.
5. Repeat for the next opponent when it surpasses the first opponent.

## 4. Imagine success



When you envision yourself doing something before actually making them, your brain will automatically assume that you will succeed in doing it. And with every time the brain thinks itself to succeed, it will release dopamine that works to make us happy and happy, thereby making it more successful.

**Secret:**

1. Studies show that we need to imagine success at least 5 times to make the brain look negative into positive.
2. Imagine the future success 3 to 5 times a day.
3. Each visualization should hold the image for 20 seconds.

### **Refer to the following articles:**

1. When life is too difficult, remember these 10 sentences
1. 20 beautiful words to help you regain your beliefs and motivation
1. Jack Ma's classic sayings will change your life

### **I wish you success in life!**

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