

# Secret techniques to improve your mental toughness



**ASSIGN  
BUSTER**

### **More to it than Meets the Eye**

What is that makes a good athlete, a good parent or a good leader. Why is it that some people accomplish their goals while others do try it, but end up as failures? What is the cause; we all have our own explanations and invariably end up talking about the talent of top performers in respective fields. The information is helpful for people seeking jobs for fresher's in India or seasoned accountant jobs in India.

Someone happens to be the smartest scientist in the lab, or the fastest person in the team. Another person could be a brilliant business strategist. Is that all to it or there is more to it than meets the eye. You try to figure out how far your intelligence and inherent talent would take you on the path of success.

### **Grit Tenacity and Perseverance**

Talking of research it is said the above account only for 30% of what you achieve overall, that too at the upper end. As a beginner searching online jobs for students you are trying hard to succeed; well research points out to your grit, tenacity or mental toughness playing a far more important role over and above anything else in achieving your goals, be it your health, your business or your life. Since it accounts for a major chunk of what goes on to determine your eventual success in any field, even it happens to be your working life. You must be wondering whether it is genetic, fortunately for you it is beyond genetics, unlike inborn talent or innate intelligence.

### **Vital Ingredient for Success**

Whether looking for jobs in Hyderabad or jobs in Chennai, The good news is you can do a whole lot to improve your mental toughness, a vital ingredient to success, whereas there is hardly anything you can do about altering the composition of the genes you were born with. One can sure develop more of mental fitness by adopting a slew of measures. To begin the process, try stretching the very limits of your physical, mental and emotional capacities. One would certainly be inclined to think, that the ones who happen to be bigger, stronger and seemingly intelligent would be the ones who are going to score better and come out with flying colors. Well that is only partly correct.

### **The Real Differentiators**

You might be wondering how your perseverance, passion and mental toughness would be affecting your ability to achieve goals. Again, you might be inclined to think that your smarts, strength or leadership potential would stand you in good stead but you would be astonished, by the findings, which reveal grit, perseverance, passion to achieve long term goals were the real differentiators. Therefore, the take home message is that mental toughness scores higher above intelligence, genetics or talent. You need to focus, control your mind, push through your limits, develop emotional awareness and pursue growth to steal your mental resolve to taste real success in all your endeavors, whether it is information technology jobs in India or interior design jobs in India.