

The Mental Challenge

Your mind is one of the most amazing machines in the world, even more amazing than the latest technology. It can be uncontrollable at times and play many games, especially when you are under stress, or at times when things are not what they appear. You need to be ready for the unexpected and don't ever say it won't or can't happen.



One of the first challenges is overcoming any fears about running and building your own business. The failure rate of businesses in Australia is very high and the reasons are varied. You should be aware of such figures but do not let them persuade you from following your dreams if you have done all the ground work and the business is viable.

When you are running your own business, not only do you have to fight your own thoughts but you will receive advice from all sorts of people, some good and some bad. Remember it is **your** dream not theirs, so keep your mind disciplined and continue towards your goals.

You may have attended one or more seminars where the speakers are building up the attendees and spruiking about being positive at all times. If you are like me you may look at these people and think how can these people be real, surely a person cannot be positive and happy all the time. In most cases these people are what you see and there are people like that in the world.

If you are not one of these people do not worry. One of the things that I found irritating about these speakers is that they do not balance their seminars by explaining that you may find you are not like they are and you do have personal down times. That's OK. The majority of people in the world do have thoughts and feelings that are not positive and if you are one of these people you need to accept this as part of your makeup when it occurs, but get back on track and train your mind to be positive.

Go with the feelings when things have not gone well and look at what lessons you can learn from what has happened. Everything happens for a reason and if you can look at all things no matter whether it was a good or a bad result and say, "What can I learn from this?", then you will learn and it will not be a waste of time. What you learn makes you a better person in the long term, expands your knowledge and makes you grow as a person.

If you do not learn something new each day, no matter how insignificant it is, then you have commenced dying. LEARNING = LIVING.

One of the best things you can do for yourself and those around you is to find Mentors to talk to and assist you with your development.

Keeping physically fit and healthy will assist you to remain mentally fit and always be at your best. The old saying "A Healthy Body = A Healthy Mind" certainly rings true when you are running your own business.

It is hard for people to let go of their fears and actually have a go at something, but when you do let go of those fears you will look back and say, "Well that wasn't so bad, I learnt something new and I am a better person for it."

Failure is not the result of having a go and something going wrong, but rather not having a go at all. If you have had a go and learnt from the results, no matter whether they are or are not what you wanted then you have been successful.

During your business journey there are going to be many times when things go well and times when things go wrong. This is the time when you need to look at the problem and turn it into an opportunity by using it as a tool to build your own experience and knowledge. When things seemed as though they were at breaking point is when I learnt the most out of life and came out the other end as a better person.

As a smart man once said to me “We were put on this earth to be tested and have a challenging life, so never wish that your life was easier but rather concentrate on being a better person”. Stay positive and keep on smiling.

Perception is one of the greatest tools you can use to make people believe you are feeling positive and happy all the time, even if behind the veneer your thoughts and feelings are different. You are the boss and you must always outwardly show a positive and happy attitude.

Running a business and working on challenges as they occur, but viewing them as opportunities, enables you to learn and grow and is one of the most stimulating activities you will experience in your life.

If you are looking for assistance with The Mental Challenge in Business and getting a successful Mindset, then contact Darren Wedge from Wedge Consulting International on 1300 323 133 or darren@wedgecorp.com.au

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both Personally and Professionally***