

Do You Suffer from Approval Addiction?



Approval Addiction is the #1 reason most people fail to live their dreams is what psychologists call Approval Addiction.

Statistics show that 99.8% of the population is addicted to the approval of others, yet few of us are aware of it. And for average person with modest goals, it doesn't really matter.

The problem arises when an ambitious person decides to build a career, business or pursue dream that requires substantial exposure to rejection. Studies show that 80% of these people abandon their ambition within the first 12 months due to the pain of daily disapproval. This is how Approval Addiction shatters dreams.

In order to succeed in life MENTAL TOUGHNESS IS A MUST!

Mental toughness is a measure of individual resilience and confidence that may predict success in sport, education and the workplace.

"Mental toughness" is keeping strong in the face of adversity. It's the ability to keep your focus and determination despite the difficulties you encounter. Events in our life rarely go the way we'd like them to, but that doesn't mean you have to let it throw you off your game. Mental toughness gives you the tenacity to learn from your mistakes without the devastating blow failure can sometimes deal. This resilience and fortitude also gives you the strength to keep emotions in check when something in your life seems overwhelming and you need to be strong. Essentially, mental toughness is the voice in the back of your head that tells you to keep going, keep pushing, and keep trying, even when the going gets tough. They say "life's tough, get a helmet." These tactics can help you create the helmet you need.

How to Move Past Failure (Patrick Allan)

Failure is the most important step to reaching success, but it can still feel like it's crushing your soul. To make failure your friend and not your enemy, you must overcome it. Here are some strategies for moving on after a tough break.

- 1. Feel what you need to feel.**
- 2. Let it out, don't hold it in**
- 3. Take out time to be sad**
- 4. Talk it out**
- 5. Don't let failure become a part of your identity**
- 6. Take examples from others who once failed and are now successful**
- 7. Let it serve as a lesson learned**
- 8. Let it be a stepping stone toward your success**
- 9. Re-Strategize and start again**
- 10. Reward yourself with every successful step**