



5 PROVEN STEPS

**to improve mental toughness
and self-mastery**

includes Introductory Training Tools!

STEP 0 Before You Begin!

- The following steps are what I have personally used and helped countless others to improve mental toughness and self-mastery.
- I recommend reading straight through all the steps below before starting any of the **quick training steps**.
- Once you have read through all the steps, then you can proceed to utilize the **quick training steps** at your own pace!
- Enjoy!!!

STEP 1 Condition your Foundation and the SBEAMS!

- Your “Foundation” represents your mindset and consists of your values, beliefs, your stand, your story, your purpose, and why you do what you do. Basically, it closely resembles your automatic programming.
- SBEAMS is an easy way to remember what holds you up (your support beams). S (Social/Support) B (Body & Brain) E (Emotions) A (Actions/behaviors) M (mind) S (spirit).
- Each domain of the SBEAMS needs to be in the proper condition for you meet your goals.
- The condition of the “Foundation” and “SBEAMS” would be like the mechanical, structural, and technological, conditions of an airplane.
- These two systems are what you need to train and learn about to improve your self-mastery which leads to improved mental toughness.

QUICK TRAINING STEPS:

1. Condition your mindset by listening to the [9 Pillars of a Rhino Mentality](#) audio.
2. Read article, [“How to Strengthen Your Psychological Core.”](#)
3. Read article, [“The Latest in Psychological GPS Technology.”](#)

STEP 2 Train to Improve your Self-Mastery Skills

- Self-Mastery is your ability to: (1) get “you” from point A to point B in any situation imaginable; (2) weather through any situation imaginable; or (3) recover and comeback from any situation imaginable.
- Self-Mastery can be broken down into the Big 3 of Mental Toughness: (1) Self-Awareness; (2) Self-Management; and (3) Self-Leadership.
- The higher the ability in each of these three areas results in stronger self-mastery which leads to improved mental toughness.
- Using the airplane analogy from step one, self-mastery would be like the ability and skills of the pilot.

QUICK TRAINING STEPS:

1. Read article, [“How to Gain Control During Psychological Distress.”](#)
2. Read article, [“The Power of Focus”](#) and Listen to audio, [“Power of Perception.”](#)
3. Read article, [“How to Calm Mind & Body”](#) and Listen to audio, [“Calm Mind & Body.”](#)
4. Listen to audio, [“Don’t Let Yourself be Emotionally Hijacked.”](#)

STEP 3 Understand and Learn the Game of Life

- Remember, the “Foundation” and “SBEAMS” are like the mechanical, structural, and technological conditions of an airplane. And, self-mastery skills are like the ability and skills of the pilot.
- To win the game of life, you must use your self-mastery (pilot) skills to protect, enhance, and utilize your “Foundation” and “SBEAMS” (airplane mechanics and technology) to accomplish your missions or goals.
- Your opponent in the game of life, “Darkness,” will seek to hijack the controls of the airplane (SBEAMS) and thus limit your chances of success. For example, Darkness may enter your Mind (M) by placing fearful thoughts or images to ramp up your Emotions (E), creating emotional flooding in your brain (B) resulting in confusion

and indecision, eventually leading you to make poor choices (A-Actions). You must use your self-mastery skills to counter the effects or you will likely crash or arrive at a destination you did not want.

- Darkness also seeks to hack into your inner programming (Foundation) leaving viruses and programs of self-doubt, fear, anxiety, depression, and many forms of insecurities. You will really need to use your self-mastery skills if this happens; particularly your self-leadership.
- All any challenge ever does is make adjustments to your SBEAMS. Your job is to use your self-mastery skills to counter the adjustments. For example, if a challenge has put some scary images in your head (M), ramped up your emotions (E), and gotten you to change your body language. Then, simply take control of the images entering your head (M), thereby reducing the emotions (E), and adjusting your body language to a more confident posture.
- Don't forget about conditioning because dealing with a challenge can take a toll on your resources and energy.
- The challenges we face in life are nothing but inner weather and sometimes storms. We don't need to be afraid of weather. We just need to know how to **adapt** to, **recover** from, and **survive** life weather in a functional way. We may engage in what seems dysfunctional to survive, but once the storms are over we can no longer do that as it will only create more problems (what is functional in one environment may not be functional in another).
- Challenges are nothing but life weather. You must remember that weather can kill, so it is not just about being mentally tough, it is all about being wise!
- Living life is like flying. If you live, or fly long enough, you will fly through grief and loss, heartache, disappointment, setbacks, failures, etc. Learning and teaching others to fly through those kinds of life weather is what I do.

QUICK TRAINING STEPS:

1. Listen to audio, [“Your Opponent in the Game of Life – Darkness.”](#)
2. Listen to audio, [“Rhino Mentality or Darkness?”](#)
3. Listen to audio, [“Life Weather.”](#)

STEP 4 Flying – Executing and Living Life

- Decide and take action! Don't just spend your time conditioning, learning, and training and never taking any action. Conditioning, learning, and training are important, but you must convert them into action.
- Darkness will inevitably attempt to get you to procrastinate, second-guess or doubt yourself, and paralyze you with overthinking and overanalyzing. Trust yourself and take action.
- Every moment you are paralyzed from overthinking/overanalyzing and sitting around trying to figure out WHAT to do and WHERE to go, someone else is already doing it, already there, and beating you to it!
- Every moment you are paralyzed with fear of making mistakes, someone else is taking action and making mistakes, learning from them, and getting to where you want to be.
- Make a choice, or a choice will be made for you!
- Thinking doesn't achieve outcomes; taking action does. Do your conditioning, learning, and training, then take action!
- No one is going to show up and create your dreams for you. Trust me, others have their own dreams and are not worrying about yours.

QUICK TRAINING STEPS:

1. Listen to audio, ["Leaving your Comfort Zone – What you must know."](#)

STEP 5 Debriefing

- After taking action, take the time to debrief. Debriefing is simply answering: (a) What worked?; (b) What didn't work?; (c) What did you learn?; and (d) What are you going to do differently? And how are you going to do that?
- You can use SBEAMS and Foundation to help figure out where you were hung up or sabotaged. For example, did an insecurity program get triggered (Foundation)? Was your mind (M) focused with the thoughts you needed? Or, were they affected by Darkness? Did Darkness cut you off from your supports (S) and spiritual resources

(S)? After you assess each area, you can then determine if any training or learning needs to be done within those areas of weakness.

- Don't forget to check in about conditioning! Any fatigue factors in any of the SBEAMS? If so, what kind of conditioning is needed to improve?
- Never, ever forget about learning and training. Perhaps you had good stamina and flew great but, you lacked knowledge about a specific area to carry out your mission. For example, if my mission requires me to create an online course, then I need to ensure I know how to actually do that? If not, I need to start learning. Sometimes a failure comes down to lack of preparation and knowledge to carry out the mission.
- Learn from your mistakes and failures; then heal up and come back stronger, smarter, and more resilient than ever before! Every time you learn something and apply it, you are one step closer to making your dreams real!

QUICK TRAINING STEPS:

1. Listen to audio, ["The Truth about Failure."](#)
2. Listen to audio, ["The Truth about Coping."](#)
3. Read article, ["What You Must Know About Hitting Rock Bottom."](#)



CHRIS SWENSON

LET'S WRAP IT UP

I really hope you enjoyed the outline and training tips! My hope is that you now have a really good understanding of the steps to achieve mental toughness and self-mastery.

The quick training steps are meant to be an introduction to get you started. I'll be back with more great training steps in the near-future! Enjoy, and remember, don't ever give

up!