

## Jeff Newman

Rising Star ·

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4 Hard Choices I Needed to Make to Be Happier During My Recovery Of Mental Health Illness.

I've said it before and I'll say it again...I needed to do HARD things to be HAPPY in life. Because the hard things ultimately built me up and changed my life. They made the difference between existing and living, between knowing the path and walking it, between a lifetime of empty promises and one filled with progress.

And, strengthening my MIND is the hardest thing I needed to do!

Think about the most common problems we as human beings deal with within our lives; Personally, physically, emotionally, spiritually, and financially. Feelings from lack of presence, love, worthiness, confidence, self-esteem to lack of exercise to unhealthy diets to procrastination, and so forth. In most cases, problems like these are not caused not by a physical ailment, but by a weakness of the mind and perhaps mental health challenges.

Just like every muscle in the body, my mind needed to be exercised to gain strength. It needed to be worked consistently to grow and develop over time. If I had not pushed myself in hundreds of little ways over time, of course, I would have crumbled worse than I did on the one day that things would have gotten really challenging.

But it didn't have to be that way. Because I have a choice...and the greatest freedom I have is my freedom of choice:

- I can choose to be present when it would be easier to pick up my phone.
- I can choose to do a workout when it would be more comfortable to sleep in.
- I can choose to create something special when it would be quicker to consume something mediocre.
- I can choose to invest in myself when it would take less effort to procrastinate.
- I can PROVE TO MYSELF that I have the guts to get in the ring and wrestle with life!

Mental strength is built through lots of small, daily victories. It's the individual choices we make day-to-day that builds our "mental strength" muscles. We all want this kind of strength, but we can't wish our way to it. If we want it, we have to create positive daily rituals—MIND-STRENGTHENING RITUALS—in our lives that reinforce what we desire.

And YES, I know establishing these kinds of rituals is sometimes much easier said than done—doing so takes guidance and practice.

This is for everyone to be touched, moved, and inspired. We are all imperfectly perfect.  
Jeff