Building Mental Resiliency Navy Seal Style

**Eat The Elephant**
How do you do this? Well, one piece at a time. **Segmentation** will help you tackle your big challenges that are occurring in your life.

**Visualization**
Imagine in the greatest detail how you view success. Make sure it is;
- Vivid and detailed
- Repeat the images
- Make the images positive
- Imagine the consequences
Then apply to your life....

**Emotional Control**
The Navy SEALs use something that is called **4 by 4 by 4**
Reduce the amygdala hijacking of your mind.
1. Breathe in for 4 seconds
2. Breathe out for 4 seconds
3. Repeat for 4 minutes

**Non-Reactivity**
We cannot control the outside world, but we sure can control how we interpret it. **Reframe** the way you see the world and situations around you.

**Celebrate The Small Victories**
**Find Daily Gratitude.** Yes, even Navy SEALs embrace living in the moment and being appreciative for the small things in life. Feed your morale.

**Find Your Tribe and Necessity**
Research shows if you **Find Necessity** in your life, then that creates more meaningful experiences. Find those that support you and that bring out the best in you.