



AXE ACADEMY

Axe Field Guide

COURSE OVERVIEW

COURSE: Mental Toughness

AXE AREA: CRITICAL THINKING

COURSE OBJECTIVE: Develop the cognitive fitness and mental toughness needed to have bigger dreams and visions and achieve them.

COURSE OUTLINE

- 1 - One Degree Shifts
- 2 - Stages of Vision
- 3 - Self-Limiting Mindsets
- 4 - Mapping the Short-Term
- 5 - Adversities and People
- 6 - Play
- 7 - Stress

Additional Resources

10 Must reads on Mental Toughness by Harvard Business Review



COURSE: Mental Toughness

LESSON: The One Degree Shift

Our bodies are primarily made of of water. One of the biggest advancements in human history was harnessing the 1 degree difference between really hot water and steam and developing the steam engine the literally revolutionized everything.

What 1 degree change do you need to make to go from a bag of water to a steam engine?

Momentum is fueled by vision and mental toughness. Feeling stuck in life is the product of having a lack of vision and/or mental toughness.

When have you been stuck?

Is it because you lost vision? Is it because you lacked mental toughness?

What vision do you currently have for your life?

How mentally tough are you?

1 2 3 4 5 6 7 8 9 10



COURSE: Mental Toughness
LESSON: The Stages of Vision

Vision has three stages: birth, death, rebirth

IN THE BIBLE

[Birth] Joseph has a vision of being a leader.
[Death] His brothers throw him in a pit and sold him
[Rebirth] Joseph finds favor and becomes a governor

[Birth] Sarah has a vision of bearing a child.
[Death] Sarah is taken from Abraham
[Rebirth] Sarah is released to Abraham and gives birth to Isaac

IN MY LIFE

[Birth] Called to be a communicator
[Death] Working dry wall
[Rebirth] God opened up new doors and opportunities

We go through the process of birth, death, rebirth of vision so we are aware that it is because of God, not ourselves, that our vision became possible.

What vision do you have?

What stage is your vision in?

- ☐ Birth
- ☐ Death
- ☐ Rebirth



COURSE: Mental Toughness

LESSON: The Self-Limiting Mindset

In 1954, the idea of a human being running a mile under 4 minutes seemed impossible. Roger Bannister, on May 6, 1954, was the first human to break a 4 minute mile.

Mental toughness is limited by a self-limited mindset.

What you think is impossible is possible with God.

What do you think is impossible for you?

What are your goals?

Is stress bad or good?

When do you rest?

What do you do for fun?



COURSE: Mental Toughness

LESSON: Mapping the Short-Term

Long-term goals are overwhelming if we don't plan the manageable steps to achieve them. Short-term goals lead to long-term success.

What long-term goal do you have?

What small-term goals do you have to achieve it?

Manage the pressure of achieving goals by focusing on what you can control. Internal focus reduces the effect of external pressures.

What pressures do you feel?

How do you handle stress and pressure?



COURSE: Mental Toughness

LESSON: Responding to Adversity and People

Mental Toughness With Adversity

THE A B C D MODEL

Adversity
Belief
Consequences
Dispel

Building mental toughness and changed consequences comes from dispelling your beliefs about your adversities.

Mental Toughness With People

You don't have to be friends with everyone, but you don't have to be anyone's enemy either.

Four Responses To People

Actively Constructive
Passively Constructive
Actively Destructive
Passively Destructive

How do you most often respond to people?

- ☐ Actively Constructive
- ☐ Passively Constructive
- ☐ Actively Destructive
- ☐ Passively Destructive

Where do you find yourself responding more destructive?

What shifts can you make to respond more constructive?



COURSE: Mental Toughness

LESSON: Play

Play (plegan)

v. activity that promotes discovery and learning

n. activity engaged in for enjoyment and recreation

Play is mentally attached to pleasure, is key to the development of your brain, and fuels high cognitive functions.

What do you do for play?

How often do you play?

What skill/craft are you learning for pleasure?



COURSE: Mental Toughness

LESSON: Stress

Balancing Stress

Stress can be a positive and negative force depending on the balance of risk and security.

Too much risk puts you into a fight or flight mode

Too much security will make you complacent

Stress is required for growth

Diamonds are created under stress and pressure

Dealing With Stress

Name It

write it down

Own It

come up with solutions

Use It

reframe it as motivation

It is up to you to decide if stress is a roadblock to vision or the fuel to achieve it.

Name a stressor:

How can you own it?

How can you use it?

