The Importance of Challenges for Optimal Health

The quest for optimal health is something many people actively pursue. Being at the top of your game mentally and physically requires commitment. It also demands that you embrace your challenges as opportunities for growth.

**The Empowering Nature of Challenges**

Setting goals is a proactive way to create your own challenges. There is power in goal-setting. This power comes from knowing that you are in control of your life path and from the satisfaction of creating measurable outcomes. You can apply the same mentality used for setting goals to overcoming everyday obstacles.

Begin by seeing a challenge as a means to an end. It is an opportunity to achieve something you would not have achieved otherwise. In the process, you will also learn things about your own resilience and strength. This positive approach is a first step toward the healthy management of your life.

When you have the right mental outlook an obstacle will not create stress. It will create an opportunity for you to realize how much power you have over your mental and physical well-being.

**Challenges Push You to New Heights**

Think for a moment about athletes and how they train. An athlete must constantly push themselves toward new achievements. The runner is always trying to shave mere seconds off his or her time. The boxer is always trying to condition for more rounds. The weightlifter is always trying to bench press a greater amount. These individuals have learned that challenges are required for continued growth.

Going beyond what you think you are capable of is only possible when you accept a challenge. Losing that last five pounds is a challenge, and you'll never get there if you aren't willing to push yourself a little harder.

The legendary basketball player Julius "Dr. J" Erving was once asked about the secret of his success on and off the basketball court. Erving stated that he always tried to demand more of himself that anyone had a right to expect. This is a powerful way to approach life. Throw yourself heartily into your endeavors and embrace opportunities to soar higher.

Those of us who wish to achieve optimal health need challenges as a sort of refining fire. Challenges shouldn't be approached as punishment or even adversity. They are only necessary elements of wellness. Be thankful that they keep coming because that means you still have room to grow.