

13 Things Mentally Strong People Don't Do

TAKE BACK YOUR POWER, EMBRACE CHANGE, FACE YOUR FEARS, TRAIN YOUR BRAIN FOR HAPPINESS AND SUCCESS

AMY MORIN NOTE BY Lina Liu Dec. 23 Sometimes negative is positive

Introduction

What is Mental Strength?

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1. THEY DON'T WASTE TIME FEELING SORRY FOR THEMSELVES
2. THEY DON'T GIVE AWAY THEIR POWER
3. THEY DON'T SHY AWAY FROM CHANGE
4. THEY DON'T FOCUS ON THINGS THEY CAN'T CONTROL
5. THEY DON'T WORRY ABOUT PLEASING EVERYONE
6. THEY DON'T FEAR TAKING CALCULATED RISKS
7. THEY DON'T DWELL ON THE PAST
8. THEY DON'T MAKE THE SAME MISTAKE OVER AND OVER
9. THEY DON'T RESENT OTHER PEOPLE'S SUCCESS
10. THEY DON'T GIVE UP AFTER THE FIRST FAILURE
11. THEY DON'T FFEAR ALONE TIME
12. THEY DON'T FEEL THE WORLD OWES THEM ANYTHING
13. THEY DON'T EXPECT IMMEDIATE RESULTS

CONCLUSION: MAINTAINING MENTAL STRENGTH