TWELVE THINGS MENTALLY STRONG PEOPLE DON’T DO

1. They don’t waste time feeling sorry for themselves (Self-pity is destructive and creates feelings of negativity. The goal is to swap self-pity for gratitude).

2. They don’t shy away from change. (Making changes can be frightening, but shying away from them prevents growth and lets others pass you by).

3. They maintain a strong grip on their power (Stand up for yourself. It’s important that you keep track of your goals and work towards them).

4. They don’t focus on things they can’t control. (Trying to be in control of everything is likely a response to anxiety. Instead, focus on what you can do).

5. They don’t worry about pleasing everyone. (You will be stronger and more confident if you stop judging yourself by what you believe other people think of you.

6. They don’t spend time dwelling on the past. (It doesn’t solve anything, and can lead to depression. Instead, enjoy the present and plan for the future).
8. They don’t make the same mistake over and over. (Accept responsibility for the mistake and create a thoughtful plan to avoid the same mistake in the future).

7. They don’t resent other people’s success. (Even if you become successful you may never be content if you are always focusing on others).

9. They don’t give up after the first failure. (Success isn’t immediate and failure is almost always an obstacle you will have to overcome. Learn to bounce back).

10. They don’t fear spending time alone. (Solitude can help you focus on growth by increasing productivity, empathy and creativity).

11. They don’t feel the world owes them anything. The key is to focus on your efforts, accept criticism, acknowledge your flaws and don’t keep score.

12. They don’t expect immediate results. (Relentlessly work towards your long-term goals, measure your progress and always look at the big picture).