

Things Mentally Strong People Don't Do

- 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 waste energy 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 their first failure**
- 11. They don't fear long time**
- 12. They don't feel the world owes them anything**
- 13. They don't expect immediate results**