

13 Things Mentally Strong People Don't Do

By Checklister

- They don't waste time feeling sorry for themselves
- They don't give away their power
- They don't shy away from change
- They don't focus on things they can't control
- They don't worry about pleasing everyone
- They don't fear taking calculated risks
- They don't dwell on the past
- They don't make the same mistakes over and over
- They don't resent other people's success
- They don't give up after the first failure
- They don't fear alone time
- They don't feel the world owes them anything
- They don't expect immediate results