13 Things Mentally Strong People Don't Do

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# Tasks:

☐ **They don't waste time feeling sorry for themselves**

☐ **The don't give away their power**

☐ **The 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 thee world owes them anything**

☐ **They don't expect immediate results**