13 Things Mentally Strong People Don't Do
By Checklister

- ☐ 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