They Don't Waste Time Feeling Sorry for Themselves

They Don't Waste Energy on Things They Can't Control

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 Expect Immediate Results

They Don't Feel the World Owes Them Anything

13 Things Mentally Strong People Don't Do

They Don't Shy Away from Change

They Don't Give Away Their Power

They Don't Worry About Pleasing Everyone

They Don't Fear Alone Time