

THE 13 THINGS MENTALLY STRONG PEOPLE AVOID

- 1. WASTING TIME FEELING SORRY FOR THEMSELVES*
- 2. GIVING AWAY THEIR POWER*
- 3. SHYING AWAY FROM CHANGE*
- 4. WASTING ENERGY ON THINGS THEY CAN'T CONTROL*
- 5. WORRYING ABOUT PLEASING OTHERS*
- 6. FEARING CALCULATED RISKS*
- 7. DWELLING ON THE PAST*
- 8. MAKING THE SAME MISTAKES OVER AND OVER*
- 9. RESENTING OTHER PEOPLE'S SUCCESS*
- 10. GIVING UP AFTER FAILURE*
- 11. FEARING ALONE TIME*
- 12. FEELING THE WORLD OWES THEM ANYTHING*
- 13. EXPECTING IMMEDIATE RESULTS*