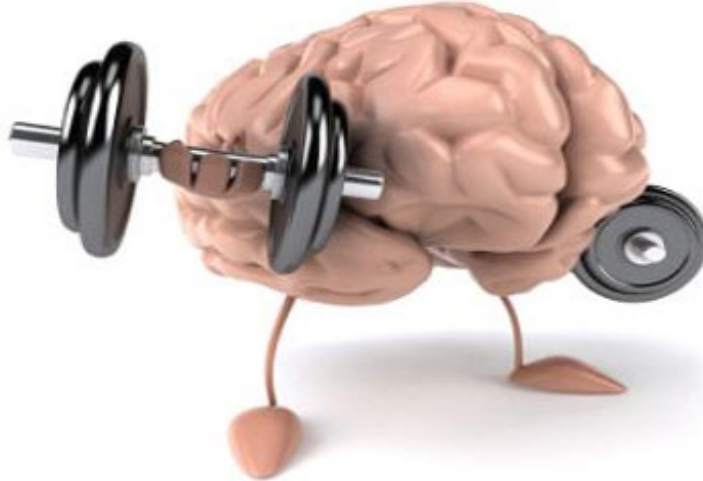# Don't Do These 12 Things If You Want to Be Mentally Strong

Summary: *Being able to be mentally strong is important for achieving success. Follow these tips of things not to do if you want to be considered mentally strong.*

Mental strength is all about being able to control your thoughts, behaviors, and emotions. People most often notice your mental strength not in what you do, but in what you don't do. Here are 12 things mentally strong people don't do.

1. Don't waste time feeling sorry for themselves – Spend your time being grateful for what you have. Feeling sorry for yourself destroys your confidence, creates a sense of self-pity, wastes time, hurts relationships, and creates other negative emotions.
2. Don't give away their power – Letting go of your power allows others to take control of your life and career. Stand up for yourself and draw the line on how much power you will give out.
3. Don't shy away from change – Embrace the inevitable and be prepared for any change. The five stages are pre-contemplation, contemplation, preparation, action, and maintenance. Shying away or avoiding changes prevents growth.
4. Don't focus on things they can't control – Focus on what you can do so that the stress and anxiety of not being in control doesn't take over. You will never be able to be fully in charge of everything.
5. Don't worry about pleasing everyone – Being able to speak your mind about something is important. Judging ourselves based on what others think of us does not make us mentally tough. People pleasers are easily manipulated and being one is a waste of time, since it is alright for others to be upset or disappointed sometimes.
6. Don't dwell on the past – Reflect and learn from the past, but don't focus on it. You can't change the past, but you can use what you learned the future.

7. Don't repeat the same mistakes – When they make mistakes, they accept responsibility for it and then change their behavior so they don't do it again.

8. Don't resent another's success – Celebrate when others experience success. Resenting their success creates anger, which never helps you get anywhere productive.

9. Don't give up after one failure – Some of the most successful people experienced failure and rejection over and over again, but they didn't give up. Keep working hard and eventually your efforts will be recognized and can pay off.

10. Don't fear alone time – Solitude can help you think and reflect on the day. Being alone can also increase productivity, increase empathy, spark creativity, offer restoration, and help mental health.

11. Don't feel entitled – Expecting that others owe you something leads to a lack of effort. You have to earn your successes and failures to get through life.

12. Don't expect immediate results – Sometimes small steps are necessary to reach your goals (and even detours) but if you keep our eyes on the big picture, you will find the results that are best for you. Being impatient leads to mistakes and bigger detours that may not allow you to get back to your goals.

Photo: corrections.com