

13 Things Mentally Strong People Don't Do by Amy Morin

- 💡 I know that time doesn't heal anything; it's how I deal with that time that determines the speed at which I heal
- 💡 I cultivate empowering and positive thoughts, behaviors and feelings to help me become better and serve others
- 💡 I focus on getting better, but am also mindful of attitudes and activities that sabotage my progress
- 💡 I regulate my emotions, manage my thoughts and behave in a positive manner - despite my circumstances
- 💡 I think realistically and rationally
- 💡 Even when I can't alter my circumstances, I can alter my attitude
- 💡 I opt for improving my situation over exaggerating or justifying
- 💡 I know that feeling tired at work is well worth the memories that I'll create from being successful in building my business
- 💡 If I never take a step in the right direction, then I'll stay right where I am
- 💡 What's another way I could view my situation?
- 💡 What advice would I give to a loved one in my situation?
- 💡 What evidence do I have that I can overcome my current challenge?
- 💡 I have more than I deserve; so I hustle to help others
- 💡 I am grateful, so I forgive
- 💡 I retain my power by saying No to things that don't serve my purpose
- 💡 I take deep breaths multiple times each day; allowing frustration, impatience and judgment to dissipate
- 💡 I realize that criticism is a reflection of the critic, so don't allow others' opinions to define me
- 💡 I am free because I know I have a choice in everything I do, think and feel
- 💡 I take responsibility for and ownership of my behavior; and am accountable for my progress toward my goals
- 💡 I choose to forgive others regardless of whether they seek to make amends; it reduces my stress
- 💡 I set healthy emotional and physical boundaries with others
- 💡 I take responsibility for how I choose to invest my time and energy
- 💡 I have willpower and am ready to change and succeed
- 💡 I cultivate my thoughts, emotions and behaviors to help me make changes that improve my life
- 💡 I expect positive results; and I know that things will become easier as I become more experienced
- 💡 I know that the perfect time to do something never arises; the longer change gets delayed, the harder it is to do
- 💡 I make a difference in the lives of others by starting with changes in mine
- 💡 I create plans for how I will implement changes and stick to them - particularly when challenges arise
- 💡 I behave like the person I want to become
- 💡 I prepare for dealing with the big challenges by practicing handling the small ones effectively
- 💡 I let go of the things that I cannot control and direct my time and energy toward those that I can control or influence
- 💡 I reduce anxiety and preserve mental energy by releasing control of uncontrollable things
- 💡 I focus on controlling my behavior and my attitude
- 💡 I listen first and speak second; sharing my opinion and concerns once rather than repeatedly
- 💡 I point out the positive and catch others doing things right
- 💡 I can choose to accept my circumstances even when I don't like them
- 💡 I influence others by listening and changing my own behavior
- 💡 I take responsibility for managing my time and commitments - independently of how others feel about when I say YES or NO
- 💡 I live according to my values - even if it displeases some people
- 💡 I can influence, but not control how others feel; so I don't waste time or energy trying to please everyone
- 💡 I work the hardest to maintain and improve my most intimate and special relationships
- 💡 I know that it's okay for others to feel angry or disappointed; it's not necessarily a reflection on me - and will pass
- 💡 I increasingly devote my time, money, energy and skill living according to my values
- 💡 I live authentically; keeping my words and my behavior in line with my values and beliefs
- 💡 I set limits and healthy boundaries; experiencing less stress and irritation in my life
- 💡 I tolerate and seek to understand uncomfortable emotions associated with conflict and confrontation
- 💡 I calculate risks deliberately so that I'm well informed rather than being unduly influenced by emotions
- 💡 I recognize and exploit alternatives when assessing potential paths to an objective - and sometimes the obstacle is the way
- 💡 I constantly look for ways to reduce risk via planning, additional education and assistance from others
- 💡 I focus on key lessons from my experiences
- 💡 When reflecting on negative experiences, I concentrate more on facts than emotions and strive to see things differently to learn
- 💡 I review my mistakes and triggers; and then identify strategies and alternatives to prevent repeating unhelpful behaviors and habits
- 💡 I ask myself "What went wrong?", "What could I have done better?" and "What can I do differently next time?"
- 💡 I write to reinforce my plans and strategies
- 💡 I replace bad habits with healthy behaviors; and hold myself accountable for improving
- 💡 I tolerate discomfort because it hardens my will
- 💡 I keep my goals visible and leverage positive self-talk to keep myself on track
- 💡 I make it difficult to follow-through on bad habits and unhelpful behaviors
- 💡 I keep my behavior in line with my values and my goals
- 💡 I avoid comparing myself to others
- 💡 I compare myself to why I used to be and measure how I'm growing
- 💡 I focus on cooperation and collaboration rather than competition
- 💡 I celebrate others' accomplishments; becoming stronger and attracting other successful people in the process
- 💡 I determine the best ways to invest my time, money and talents
- 💡 I focus on deliberate practice rather than relying on my natural talent
- 💡 My grit is a better predictor of my success than my IQ
- 💡 My path to success is a marathon, not a sprint
- 💡 I focus on effort and skill mastery over immediate outcome
- 💡 Failure is a sign that I'm challenging myself and I always choose to learn and try again

- 💡 I know that failure and rejection aren't the worst things that could happen to me
- 💡 I focus on improving my skills rather than showing them off
- 💡 I practice periodic solitude to think deeply, recharge and renew my mind
- 💡 I write about my experiences and related emotions to explore and improve my mental health
- 💡 I meditate to increase discipline, reduce negativity and gain new perspective
- 💡 I leverage mindfulness to develop an acute awareness of what is happening within the moment without forming judgment
- 💡 I look directly at my mind so that I understand more about what my life is truly about
- 💡 I focus on one task at a time and reflect on progress toward goals daily
- 💡 I accept that others do things differently
- 💡 I never confuse rights with privileges
- 💡 I choose how I respond - even when I can't change the situation
- 💡 I always behave like a team player
- 💡 I focus on my efforts, not my importance
- 💡 I always accept criticism gracefully; and seek to improve my flaws and weaknesses
- 💡 I consistently improve my sense of empathy and decrease focus on self-importance
- 💡 I focus on what I have to give rather than what I want to take
- 💡 I consider others' feelings when approaching any interaction
- 💡 I develop realistic expectations and understand that success takes time and effort
- 💡 I keep my confidence in check; assuming that reaching my goals will require struggle and at times, failure
- 💡 I practice delayed gratification; sacrificing good for great
- 💡 I never underestimate the difficulty of change; and avoid unnecessarily definitive time limits for reaching goals
- 💡 I ignore attention-seeking behaviors
- 💡 How will I know if what I'm doing is working?
- 💡 I celebrate milestones along my journey
- 💡 I create plans that anticipate and help me resist temptation
- 💡 I deal with feelings of frustration, judgment and impatience in a healthy manner
- 💡 My self-discipline predicts my success
- 💡 I know that mental strength requires ongoing maintenance
- 💡 I constantly review what I'm doing well and build my strengths
- 💡 I look for times when my behavior sabotages my efforts to build my mental strength
- 💡 In order to change how I feel, I change how I think and behave
- 💡 I identify and replace beliefs and thoughts that disempower me or others with those that are more realistic and productive
- 💡 I am becoming my best self; leveraging the courage to do what is right and developing true comfort with who I am and what I am capable of achieving