

13 things mentally strong people don't do take back your power embrace change face fears and train brain for happiness success amy morin

13 things mentally strong people don't do: take back your power, embrace change, face fears, and train your brain for happiness and success, Amy Morin. In her influential book, "13 Things Mentally Strong People Don't Do," Amy Morin outlines the behaviors and thought patterns that hinder personal growth and emotional resilience. Understanding these principles can empower individuals to take control of their lives, embrace change, confront their fears, and cultivate a mindset geared towards happiness and success. This article explores these 13 things and provides insights on how to implement this knowledge into daily life.

1. They Don't Waste Time Feeling Sorry for Themselves

Mentally strong individuals recognize the futility of self-pity. Instead of dwelling on their misfortunes, they focus on what they can control and how they can improve their situation. Here are some strategies to avoid self-pity:

- Practice gratitude: Regularly reflect on the positives in your life.
- Set actionable goals: Create a plan to move forward rather than remaining stagnant.
- Seek support: Surround yourself with uplifting and encouraging people.

2. They Don't Give Away Their Power

Giving away personal power can manifest in various ways, such as allowing others to dictate how you should feel or act. Mentally strong people take ownership of their decisions and feelings. Here's how to reclaim your power:

- Set boundaries: Clearly define what behaviors you will accept from others.
- Practice assertiveness: Communicate your needs and desires confidently.
- Reflect on your values: Stay true to what matters most to you.

3. They Don't Shy Away from Change

Change is a constant in life, and mentally strong individuals embrace it rather than resist it. They understand that change can lead to growth and new opportunities. To embrace change:

- Adopt a growth mindset: View challenges as chances to learn and develop.
- Stay flexible: Be willing to adapt to new circumstances.
- Focus on the benefits: Consider the potential positive outcomes of change.

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

Focusing on uncontrollable factors can lead to frustration and anxiety. Mentally strong people concentrate their energy on what they can influence. To practice this:

- Identify what's within your control: Focus on your actions and responses.
- Let go of the rest: Accept that you cannot change certain outcomes.
- Practice mindfulness: Stay present and avoid ruminating on the past or future.

5. They Don't Worry About Pleasing Everyone

While it's natural to want approval, mentally strong people understand that it's impossible to please everyone. They prioritize their values and beliefs over seeking validation. Here's how to stop worrying about others' opinions:

- Know your values: Stay aligned with what is most important to you.
- Practice self-acceptance: Embrace your uniqueness and individuality.
- Limit exposure to negativity: Surround yourself with supportive and positive influences.

6. They Don't Fear Taking Calculated Risks

Fear of failure can be paralyzing, but mentally strong individuals view risks as necessary steps toward success. They take calculated risks to achieve their goals. To embrace risk:

- Evaluate the potential rewards: Consider what you stand to gain.
- Prepare adequately: Do your research and plan your approach.
- Learn from failures: Treat setbacks as learning opportunities.

7. They Don't Dwell on the Past

While reflecting on past experiences can be beneficial, dwelling on them can hinder progress. Mentally strong individuals learn from their past but do not let it define them. To avoid dwelling on the past:

- Practice forgiveness: Let go of grudges and resentment.
- Focus on the present: Engage in activities that encourage mindfulness.
- Set future goals: Redirect your energy toward what lies ahead.

8. They Don't Make the Same Mistakes Repeatedly

Learning from mistakes is crucial for personal growth. Mentally strong people analyze their errors and make conscious efforts to avoid repeating them. Here's how to break the cycle of repeated mistakes:

- Reflect on past choices: Identify patterns in your decision-making.
- Seek feedback: Ask trusted friends or mentors for their perspectives.
- Implement changes: Adjust your approach based on what you've learned.

9. They Don't Resent Other People's Success

Jealousy can be a destructive emotion that negatively impacts mental well-being. Mentally strong people celebrate others' achievements and view them as inspiration. To foster this mindset:

- Practice gratitude: Regularly acknowledge your own successes.
- Learn from others: Analyze what successful individuals do right.

- Offer support: Encourage and uplift those around you.

10. They Don't Give Up After the First Failure

Resilience is a hallmark of mentally strong individuals. They understand that failure is often a stepping stone to success. To cultivate resilience:

- Adopt a growth mindset: Embrace challenges as opportunities for growth.
- Stay persistent: Commit to your goals and keep pushing forward.
- Seek support: Surround yourself with encouraging and resilient people.

11. They Don't Fear Alone Time

Spending time alone can foster self-reflection and personal growth. Mentally strong individuals value solitude and use it to recharge. To embrace alone time:

- Engage in self-reflection: Use solitude to think about your goals and feelings.
- Enjoy hobbies: Pursue activities that you love and enjoy independently.
- Practice mindfulness: Learn to appreciate the present moment.

12. They Don't Feel the World Owes Them Anything

A sense of entitlement can lead to disappointment and frustration. Mentally strong people take responsibility for their own happiness and success. To avoid entitlement:

- Set personal goals: Work towards what you want to achieve.
- Practice gratitude: Appreciate what you have rather than focusing on what you lack.
- Accept responsibility: Own your actions and their outcomes.

13. They Don't expect Immediate Results

Success often requires time and effort. Mentally strong individuals are patient and commit to the process. To develop patience:

- Set realistic timelines: Understand that progress takes time.
- Celebrate small wins: Acknowledge and appreciate incremental progress.
- Stay committed: Keep your eye on the long-term goal.

Conclusion

By understanding and implementing the 13 things mentally strong people don't do, individuals can take back their power, embrace change, face their fears, and train their brains for happiness and success. Amy Morin's insights provide a valuable framework for personal development and emotional resilience. Whether you're looking to enhance your personal or professional life, these principles can serve as a guide to help you navigate challenges and foster a more fulfilling existence. Remember, the journey to mental strength is ongoing, and every small step counts towards a healthier mindset.

Frequently Asked Questions

What is the main premise of Amy Morin's '13 Things Mentally Strong People Don't Do'?

The main premise is that mentally strong individuals avoid certain behaviors and thought patterns that hinder personal growth and success, allowing them to embrace change and face challenges effectively.

How can embracing change contribute to mental strength?

Embracing change allows individuals to adapt, grow, and learn from new experiences, which builds resilience and enhances their ability to handle future challenges.

What are some common fears that mentally strong people face?

Mentally strong people often confront fears such as fear of failure, fear of rejection, and fear of the unknown, using these experiences to develop strength and confidence.

How does training the brain for happiness relate to Morin's teachings?

Training the brain for happiness involves cultivating positive thinking habits and resilience, which aligns with Morin's emphasis on mental strength as a key to personal success and well-being.

What are a few behaviors that mentally strong people avoid?

They avoid dwelling on the past, giving up after failure, blaming others, fearing change, and engaging in negative self-talk.

Can you give an example of how to take back your power in everyday life?

Taking back your power can involve setting boundaries, making decisions aligned with your values, and taking responsibility for your actions rather than blaming external circumstances.

Why is facing fears important for mental strength?

Facing fears is essential because it helps individuals overcome obstacles, build confidence, and reduce anxiety, ultimately leading to greater mental resilience.

What role does self-awareness play in developing mental strength?

Self-awareness allows individuals to recognize their thoughts and behaviors, enabling them to make intentional changes that foster mental strength and emotional well-being.

How can one implement the lessons from Morin's book in their daily routine?

Implementing lessons can involve daily reflections on personal thoughts and behaviors, setting specific goals for mental resilience, and practicing gratitude and mindfulness.

What is the significance of training your brain for success?

Training your brain for success is significant because it helps develop a growth mindset, enhances problem-solving skills, and fosters persistence, all of which are essential for achieving personal and professional goals.

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