



Mondays with Mike

AULTCARE

MONDAY TUE

13 Things Mentally Strong People Don't Do

Amy Morin wrote a book and gave a TEDx Talk called "The Secret to Becoming Strong," which has been viewed more than 6 million times. Her best-selling book, 13 Things Mentally Strong People Don't Do, has been translated into 30 languages. Here are the 13 things Amy learned through her experiences on what a strong person does not do:

- They don't waste time feeling sorry for themselves.
- They don't give away their personal power.
- They don't shy away from change.
- They don't waste energy on things they can't control.
- They don't worry about pleasing everyone.
- They don't fear taking calculated risks.
- 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 fear alone time.
- They don't feel the world owes them anything.
- They don't expect immediate results.

As we begin our week, let's see how many of Amy's "Don'ts" we can get into our thoughts, words, actions, and behaviors. It will be amazing to see what we can DO and how strong we can become!

Have a great week!

