

NOTES FROM: *13 Things Mentally Strong People Don't Do*, by Amy Morin

SUMMARY: Adopting excellent behaviors is clearly helpful in reaching our goals, but sometimes it's what we *don't* do that makes all the difference. I'm not going to hype up this book *too* much, because I don't think it's necessarily all that revolutionary or groundbreaking, but if you're able to stop all or most of these behaviors and eliminate them completely from your life, you'll become unrecognizable *very* quickly.

Amy Morin is a psychotherapist who's overcome more than her share of adversity, and after her original internet post took off and garnered millions and millions of views, she eventually expanded on the thirteen things here in this book. No one would blame you for just reading the blog post instead (or my notes), but I've found it helpful to sit with these ideas and let them slowly transform your thinking over time.

One other thing I'd say is that mental muscles get stronger with use, just like physical ones. Every time you save energy by not trying to change things you can't control (#4), take a calculated risk (#6), or get back up and try again after experiencing failure (#10), you get stronger. You solidify your identity as someone who is mentally strong. The initial gains in mental fortitude may be too weak to notice at first, but given time and consistent practice, you'll become too strong to ignore.

The 13 Things Mentally Strong People Don't Do:

- #1 — Waste Time Feeling Sorry for Themselves
- #2 — Give Away Their Power
- #3 — Shy Away from Change
- #4 — Waste Energy on Things They Can't Control
- #5 — Worry About Pleasing Others
- #6 — Fear Taking Calculated Risks
- #7 — Dwell on the Past
- #8 — Make the Same Mistakes Over and Over
- #9 — Resent Other People's Success
- #10 — Give Up After Failure
- #11 — Fear Alone Time
- #12 — Feel the World Owes Them Anything
- #13 — Expect Immediate Results

“Developing mental strength means knowing that you'll be okay no matter what happens. Whether you're facing serious personal problems, a financial crisis, or a family tragedy, you'll be best prepared for whatever circumstances you encounter when you're mentally strong. Not only will you be ready to deal with the realities of life, but you'll be able to live according to your values no matter what life throws your way.”

“If you want to avoid repeating a mistake, spend some time studying it. Set any negative feelings you might have aside, acknowledge the factors that led up to your misstep, and learn from it.”

“You're only as good as your worst habit.”

“You have a choice in everything you do, but each choice carries consequences.”

“Trust in your ability to tolerate discomfort.”

“The longer a change gets delayed, the harder it gets to do.”

“Change for just one week and decide whether you want to *continue* with the change.”

“Behave like the person you want to become.”

“When you learn to let go of the details you can't control, the amount of time and energy you'll be able to devote to the things you *can* control will give you the ability to accomplish incredible feats.”

“An internal locus of control is only disadvantageous if you believe you can control absolutely everything.”

“Care about what other people think and you will always be their prisoner.”

Nelson Mandela: “Resentment is like drinking poison and then hoping it will kill your enemies.”

“It's not your job to prevent people from having negative feelings.”

“Doing things because you want to, instead of feeling like you have to please other people, actually significantly increases your willpower.”

Dale Carnegie: “When we hate our enemies, we are giving them power over us: power over our sleep, our appetites, our blood pressure, our health, and our happiness.”