



## Six Things Mentally Strong People Do:

### 1. They move on.

They don't waste time feeling sorry for themselves or let anything from the past affect their future

### 2. They embrace change.

They welcome challenges.

### 3. They stay happy.

They don't waste energy on things they can't control

#### **Matthew 6:34**

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

#### **Proverbs 3:5-6**

TRUST in the LORD with all your heart; do not depend on your own understanding.  
SEEK his will in all you do, and he will show you which path to take.

### 4. They are willing to take calculated risks.

### 5. They celebrate other people's success.

They don't resent that success.



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