



HOW TO STAY MENTALLY



STRONG

1. Enjoy your alone time. You can have great conversations and learn a lot about yourself!
2. Invest your energy in the present.
3. Accept full responsibility for your past behavior.
4. Prepare to work and succeed on your own merits.
5. Do what is best for you.
6. Celebrate other people's success.
7. Use your mental energy wisely.
8. Replace negative thoughts with productive thoughts.
9. Remember that you can't please everyone.
10. Be willing to fail. Use it a chance to improve.
11. Take calculated risks. You'll never know until you try.
12. Reflect on your daily achievements.