

20 Things Mentally Strong People DO

We certainly live in 'interesting' times! The importance of the work done by staff in schools has been highlighted in recent weeks as we deal with the Corona Virus. Whilst it can be unsettling and challenging to face uncharted conditions, it is important that staff in schools remain calm, optimistic and mentally strong.

Based on the work of Amy Morin in, "13 Things Mentally Strong People Don't Do", I have created a list of the 20 things they actually do.

- 1 They move on.** They don't waste time feeling sorry for themselves. They quickly come to terms with what has happened and move on to the here and now.
- 2 They keep control.** They don't give away their power or take on a victim like mentality.
- 3 They try to stay happy.** They minimize the time and energy they put into complaining.
- 4 They focus on things they can control.** They don't waste energy on things they can't control.
- 5 They are kind, fair and not afraid of speaking up.** They don't worry about pleasing other people but they are careful and respectful in expressing their opinions.
- 6 They focus on making sure the right decision is made.** Rather than focusing on who is right and who is wrong, they focus on making the right decision.
- 7 They embrace change.** They welcome challenges and look for the opportunities that they may provide.
- 8 They are willing to take calculated risks.** They weigh up the risks and benefits before taking action.
- 9 They are willing to fail.** They don't give up after failing. They see failure as a chance to improve and learn from their mistakes.
- 10 They invest their energy in the present.** They don't dwell on the past or worry excessively about the future.
- 11 They accept full responsibility for their past behaviour** and make changes accordingly. They don't make the same mistake over and over.
- 12 They celebrate other people's success.** They don't resent the success that others are experiencing.
- 13 They enjoy their time alone.** They don't fear being alone.
- 14 They are prepared to work and succeed on their own merits.** They don't feel that the world owes them anything.
- 15 They have staying power.** They don't expect immediate results and persist until they succeed. They don't give up at the first obstacle.
- 16 They expend their mental energy wisely.** They monitor their self-talk and limit the time spent on unproductive thoughts.
- 17 They are very self-aware.** They know themselves well and endeavor to always be the best version of themselves.
- 18 They think productively** by replacing negative thoughts with productive thoughts.
- 19 They tolerate a little discomfort.** They accept their feelings without allowing themselves to be controlled by them.
- 20 They reflect on their progress every day.** They take time to consider what they've achieved and where they are going.

**I have not failed.
I've just found 10 000
ways that won't work.**

Thomas Edison

Key points

- Keep control
- Focus on what you can control
- Focus on making the right decision, not being right
- Take calculated risks
- Be willing to fail
- Focus on the present
- Accept responsibility for your behaviour
- Celebrate the success of others
- Persist
- Use your energy wisely
- Know yourself
- Replace negative thoughts
- Tolerate discomfort
- Reflect on your progress each day

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