



STRONG MINDS DON'T BREAK

THEY GROW

Resilient Thinking

How strong minds grow through difficult times

English level : ★★☆☆☆

Life is not always easy for people.

Everyone faces problems and difficult times.

Some people feel sad and give up quickly.

But others stay strong and keep trying.

This is called resilient thinking.

It helps people stay calm in hard times.

They believe things can get better.

problem	مشكل
difficult	سخت
strong	قوى
calm	آرام

Resilient people learn from their mistakes.

They do not stop after failure.

Instead, they try again and again.

They think in a positive way.

Support from others helps them feel better.

They trust themselves more each day.

Step by step, they become stronger.

mistake	اشتباه
failure	شكست
positive	مثبت
trust	اعتماد