

20 things to give up to be happier before the new year

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How much stressful are you carrying with you? Sometimes, do you feel the burden of life and emotional life on your shoulders? Happiness will only come when you are ready to leave worries, tensions and regrets to step into a new page. I learned this on my journey through overcoming drug addiction, treating depression and leaving the company working to follow the call of the heart and become a writer. success - *life coach* . In the process, I had to give up a lot of things to become successful people today.



Physically, mentally and emotionally, I have to learn how to ignore what people think about me, I try to become the person I really want. Leaving your old thoughts, habits or anything in your life is a bit scary but this is also a great action to express your love for yourself.

Let go of worries and stress to make a little difference for yourself, of course I'm a little stressed out but I realized that the list below is a great reminder that needs to be strived to achieve. " *unlimited* " happiness in the future.

Here are 20 things to give up to be happier before the new year:

1. Give up all thoughts that do not make you feel strong and energetic.

2. Give up the guilt to do what you really want to do.
3. Give up the vague fear, take small steps and carefully review each route there.
4. Give up regret at a time in your life, " *anything* " must be exactly what you want.



5. Give up worry by worrying like you are praying for things you don't want to happen.
6. Give up blame on anyone or for anything, be responsible for your own life. If you don't like something, you have two choices, accept or change it.
7. Give up thinking that you have a problem. Forget it, this world just needs you to be yourself.
8. Give up thinking that dreams are not important; Always listen to the call from the heart.
9. Give up being a " *person of all people, people of all things* "; Stop sacrificing everything and forget yourself because if you don't take care of yourself then you won't care for anyone.



10. Give up thinking that people are happier, more successful or better than you. You are right where you need to be and your journey, your path is the best.

11. Give up the inherent thought of right or wrong to do something or recognize the world you live in. Enjoy the difference and welcome the diversity and richness of life.
12. Abandoning future speculation with the past. This is the time to move on and move on to the new page.
13. Give up thinking that you are not in the right place. Tell yourself that you are in the right place to go to where you want to go and start by asking yourself where you want to go.
14. Give up anger with your loved ones and family. We all deserve happiness and love, just because it doesn't mean that love is wrong.



15. Give up more jobs to own more, work for passion, love and know what is enough.
16. Give up thinking about how to make things happen according to your own will; Rest assured and remember that you will learn how to go on the road.
17. Abandoning a loan, make a repayment plan and focus on your own wealth.
18. Give up changing others at your disposal. Everyone has their own path and the best thing you can do is to improve yourself and stop focusing on others.
19. Give up trying to become fit with the majority. The unique look of yourself makes you stand out.
20. Abandoning self-loathing. You should not impose yourself on who or what to achieve. Who you are doesn't matter and the world needs you to be yourself. You are one, are private and are unique.

Refer to some more articles:

1. 24 signs that you are introverted, not shy
2. When you have a deadlock in life, the following 9 things will be the key to your direction
3. 5 ways to refuse do not offend others

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