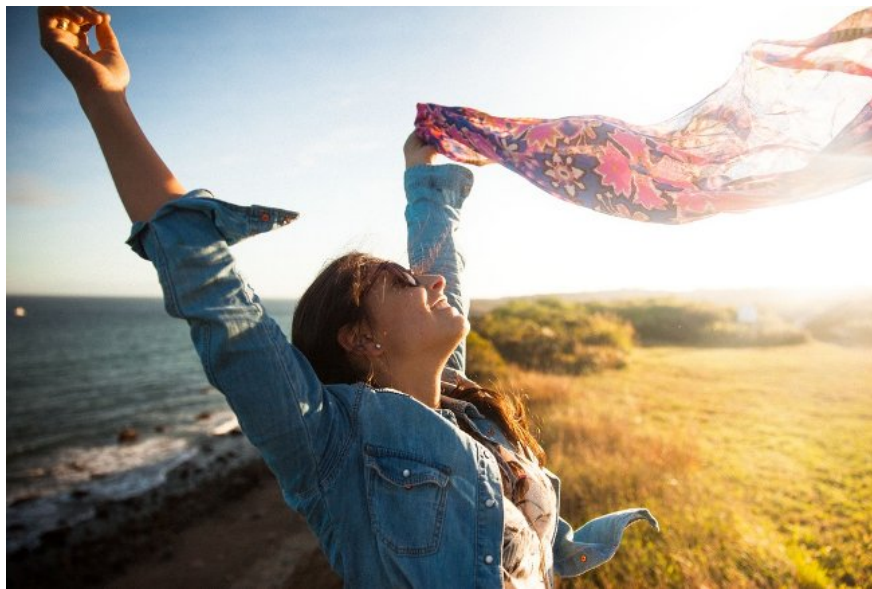


Please stop these 6 habits, if you want to be more wonderful

Surely all of us want to be more perfect but in fact few people can do this. Please stop these 6 habits, if you want to be more wonderful.

Surely all of us want to **be more perfect** but in fact few people can do this. In our pursuit of success, dreams and passion, we are our biggest barrier.

Some of us are destroying ourselves without knowing it, and others recognize this but don't know what to do. However, stop these 6 habits to become a perfect person, at least better than before.



1. Do not monologue negative things about yourself

1. "I will never lose 10kg."
2. "I don't know how to do it."
3. "If I wear that, I look like a weird and weird kid."
4. When you receive a compliment about your work, you may say, "Oh, nothing."

These are negative monologues that many of us still have to deal with. Monologue is a normal act that we often get, but for a long time they will degenerate into negative thoughts, even leading to some worrying issues. The story takes place in thinking hundreds of times worse than the real life story. The best way to eliminate negative monologue is to let criticism inside sleep and wake up negative thoughts. Start by stopping using negative phrases such as: always, impossible, never, not, but, should and try.

Remember Yoda's saying:

" Do or not. There is no try ."

" Do or don't do. There is no 'try' ."

2. Stop criticizing and evaluating others immediately



Have you ever noticed that people easily get angry with people who have mixed opinions with them?

Have you ever seen people often evaluate and " *label* " people quickly without any hesitation or thinking?

So to become the best version of yourself, immediately remove this negative energy source. Because once you use this negative energy source on another person, you are destroying your opponent's character and self-esteem. And that is when you pour yourself " *pouring cold water* " on your head.

For good people, they will do this first and suffer more than those who are selfish and fastidious.

Remember: " *To criticize or judge others, you must first put yourself in their situation, see the situation from their point of view and you will understand what you need to do .*"

3. Stop fear of failure



Failure makes you feel anxious about others seeing and evaluating you? Failure makes you afraid that other people will think you are stupid and not consider you a rival? Failure makes you worry about the future and life later?

If the above describes you right now, you are suffering from " *atychiphobi* " disease, known as a fear of failure. It is very important to recognize failure, which is evident in life but not the end of life.

The most successful people in the world like Michael Jordan, Richard Branson and Bill Gates are the ones who tasted bitter defeat in life. Being able to see failure is a necessity, because then, you will receive invaluable lessons that will help the path to success.

To overcome the fear of failure, you need to analyze all potential results, practice positive thinking, anticipate the worst possible situations and constantly cultivate more knowledge to complete the item. pepper.

Remember:

" *Fear will by one thing and one thing only: hold you back .*" - Kya Aliana

" *Fear can do only one thing, that is: keep you alone.* "

4. Stop fearing success



Have you ever felt anxious when things were going so smoothly, but deep in your mind told you that things were not so easy, is something wrong going on?

Have you ever been close to breaking through a breakthrough in life, but then something is secretly hindering you?

If these things happen on a regular basis, of course they are not coincidences, it is a fear of success. The fear of success lurks inside the subconscious and will show up when you encounter the case described above.

People often feel fearful success for hundreds, thousands of reasons such as fear of losing face, heavier responsibility, expecting more or unable to manage with successful throne.

Success is a good thing and successful people deserve what they achieve, and have positive effects on others. To be able to manage your " *throne* ", you need to keep up the spirit, always remember that who you are, accept that you cannot please everyone and be comfortable when giving any any decision period.

5. Stop trying to please everyone



In the descriptions below, which type of model do you belong to?

1. I want everyone to like me
2. I am afraid / trying to avoid conflicts with others
3. I never read my own thoughts
4. I never refuse (*I am a person who always says "yes"*)
5. I never get angry
6. I never tell others my feelings, even when they make me angry
7. I would rather follow the crowd than stand alone

If you belong to any of the above situations, I just want to tell you: "It's *not like that!* ". This is the time to stop playing the role of another's puppet, start to become " *selfish* " and think for yourself first. Every second you become another's puppet, every second you lose your own life.

People who are happy with others are being taken advantage of, enduring stress and mental collapse, becoming resentful towards life, even harming their health. Once you stop satisfying others, you will find your own feelings and will build your self-confidence.

Live a life that every second, every minute, you please yourself, not the emotions of others every day, every hour.

1. 5 ways to refuse do not offend others

6. Stop delay



Perfectionism is the mother of procrastination. Besides, procrastination is another form of laziness. Persons who are procrastinating are preventing themselves from planning and success. They are often distracted by small agents that deviate from the " *railroad to the sky platform* ".

To prevent stagnation, plan and calculate specifically, set yourself accountable, set goals into small goals that you can easily implement and succeed. Don't be hugging and calculating everyday things that are hard to happen.

Refer to some more articles:

1. Using 1 hour after work will determine your success
2. When tired, change your life in these 12 simple ways
3. It takes only 5 - 10 minutes to practice every day to improve yourself

Having fun!

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