30 Things to Stop Doing to Yourself

When you stop chasing the wrong things you give the right things a chance to catch you.

Nothing could be closer to the truth. But before you can begin this process of transformation you have to stop doing the things that have been holding you back.

Here are some ideas to get you started:

1. Stop spending time with the wrong people
   - Never, ever insist yourself to someone who continuously overlooks your worth.
   - The people who stand beside you when you’re at your worst are your true friends.

2. Stop running from your problems
   - Face problems head on, learn, adapt, and solve them over the course of time.
   - Ultimately it molds us into the person we become.

3. Stop lying to yourself
   - You can’t lie to yourself.
   - Lives improve only when we take chances.
   - The first and most difficult chance we can take is to be honest with ourselves.

4. Stop putting your own needs on the back burner
   - Help others; but help yourself too.
   - The moment is now.
   - Follow your passion and do something that matters to you.

5. Stop trying to be someone you’re not
   - That someone will never be you.
   - Don’t change so people will like you.
   - Be yourself and the right people will love the real you.

6. Stop trying to hold onto the past
   - You can’t start the next chapter of your life if you keep re-reading your last one.

7. Stop being scared to make a mistake
   - Every success has a trail of failures behind it.
   - Every failure is leading towards success.
   - You end up regretting the things you did NOT do far more than the things you did.

8. Stop berating yourself for old mistakes
   - Mistakes help us find the person and things that are right for us.
   - Every single thing that has ever happened in your life is preparing you for a moment that is yet to come.

9. Stop trying to buy happiness
   - The things that really satisfy us are totally free – love, laughter and working on our passions.

10. Stop exclusively looking to others for happiness
    - Be happy with who you are on the inside.
    - You have to create stability in your own life first before you can share it with someone else.

11. Stop being idle
    - Evaluate situations and take decisive action.
    - You cannot change what you refuse to confront
    - Making progress involves risk. Period!

12. Stop thinking you’re not ready
    - Nobody ever feels 100% ready when an opportunity arises.
    - Most great opportunities in life force us to grow beyond our comfort zone.
“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”
- Maria Robinson

13 Stop getting involved in relationships for the wrong reasons
- It’s better to be alone than to be in bad company.
- Fall in love when you’re ready, not when you’re lonely.

14 Stop rejecting new relationships just because old ones didn’t work
- There is a purpose for everyone you meet.
- Some will test you or use you and some will teach you.
- Most importantly, some will bring out the best in you.

15 Stop trying to compete against everyone else
- Concentrate on beating your own records every day.
- Success is a battle between YOU and YOURSELF only.

16 Stop being jealous of others
- Jealousy is the art of counting someone else’s blessings instead of your own.
- Ask yourself this: “What’s something I have that everyone wants?”

17 Stop complaining and feeling sorry for yourself
- Life’s curveballs eventually led you to a better place, person, state of mind, or situation.

18 Stop holding grudges
- Forgiveness is the answer... let go, find peace, liberate yourself!
- If you must, forgive yourself, move on and try to do better next time.

19 Stop letting others bring you down to their level
- Refuse to lower your standards to accommodate those who refuse to raise theirs.

20 Stop wasting time explaining yourself to others
- Your friends don’t need it and your enemies won’t believe it anyway.

21 Stop doing the same things over and over without taking a break
- Sometimes you need to distance yourself to see things clearly.

22 Stop overlooking the beauty of small moments
- The best portion of your life will be the small, nameless moments you spend smiling with someone who matters to you.

23 Stop trying to make things perfect
- The real world doesn’t reward perfectionists, it rewards people who get things done.

24 Stop following the path of least resistance
- Don’t take the easy way out.
- Do something extraordinary.

25 Stop acting like everything is fine if it isn’t
- It’s okay to fall apart for a little while.
- It’s healthy to shed your tears.
- The sooner you do, the sooner you will be able to smile again.

26 Stop blaming others for your troubles
- The extent to which you can achieve your dreams depends on the extent to which you take responsibility for your life.

27 Stop trying to be everything to everyone
- Making one person smile CAN change their world.
- Narrow your focus.

28 Stop worrying so much
- Worry will not strip tomorrow of its burdens, it will strip today of its joy.
- It’s not worth worrying about if this will not matter in one to five years’ time.

29 Stop focusing on what you don’t want to happen
- Focus on what you do want to happen.
- Positive thinking is at the forefront of every great success story.

30 Stop being ungrateful
- No matter how good or bad you have it, wake up each day thankful for your life.
- Someone somewhere else is desperately fighting for theirs.

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