

10 things to STOP doing now!

STOP COMPARING YOURSELF TO OTHERS

STOP BEATING YOURSELF UP FOR THE PAST

STOP EATING JUNKFOOD AND DRINKING SODA ALL THE TIME

STOP WHINING AND COMPLAINING

STOP TALKING ABOUT WHAT IS IMPOSSIBLE

STOP HANGING OUT WITH PEOPLE WHO ARE NOTHING BUT DRAMA

STOP DOUBTING WHAT IS POSSIBLE FOR YOURSELF

STOP BEING PESSIMISTIC TOWARDS OTHERS DREAMS

STOP GOSSIPING ABOUT PEOPLE

Stop Procrastinating