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Life Lessons You Should Unlearn to be Happy!

1

THERE IS A RIGHT WAY AND WRONG WAY TO DO SOMETHING: INSTEAD FIND YOUR OWN WAY!

2

FAILING IS BAD.: INSTEAD FAILURE ALLOWS YOU TO FIND YOURSELF, WHAT WORKS, WHAT DOESN'T.

3

BEING ALONE MEANS YOU ARE LONELY: INSTEAD SOMETIMES WE NEED TO ENJOY OURSELVES FIRST!

4

LIFE IS SUPPOSED TO BE A SMOOTH RIDE: INSTEAD WE GROW THROUGH THE PEAKS & VALLEYS.

5

LETTING GO IS GIVING UP: INSTEAD LETTING GO OF THINGS THAT DO NOT SERVE YOU MAKES ROOM FOR WHAT WILL SERVE YOU.

6

BEING VULNERABLE IS A SIGN OF WEAKNESS: INSTEAD FULLY SHARING YOURSELF IS THE KEY TO HAPPINESS.

7

THE DESTINATION IS THE REWARD: INSTEAD MAYBE YOU SHOULD ENJOY THE JOURNEY NOT THE OUTCOME.

8

SELF LOVE IS SELFISH: INSTEAD WHEN YOU SHOW UP FOR YOURSELF YOU CAN SHOW UP FOR THE WORLD.

9

WHO YOU ARE IS WHAT YOU DO: INSTEAD CELEBRATE YOU NOT YOUR JOB TITLE.

10

WHAT PEOPLE THINK OF YOU IS IMPORTANT: INSTEAD WHAT YOU THINK OF YOURSELF IS THE ONLY THING THAT IS IMPORTANT.