Life Becomes
Peaceful When You

1. Stop checking to see who has viewed your story.

Stop deleting posts because they don't have enough likes.

3. Stop dwelling in the past about what could have been.

4. Stop feeling embarrassed about things that make you feel happy.

5. Stop being ashamed of your type of music.

6. Stop comparing yourself to somebody else.

7. Stop believing that social media acceptance determines your self worth.

8. Stop reading old text messages.