

7 Things to Eliminate in 2024

1. Overconfidence 🙋

2. Comparing yourself to others 🚫

3. Rushing too much, too soon 🏃

4. Chasing comfort zones 🛏

5. Needing constant validation of being good 👍

6. Arrogance about your abilities 🙄

7. The pursuit of perfection 🎯