

# 7 Places Not to Waste Your Energy

( Swipe Left )



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1. Don't waste your energy on  
the people who don't **support**  
**you.**



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2. Don't waste your energy  
on what others **think about**  
**you.**





3. Don't waste your energy  
on **one-sided relationships.**





4. Don't waste your energy  
on the people who **need you  
occasionally.**





5. Don't waste your energy  
on solving the problems that  
**aren't yours.**





6. Don't waste your energy  
on doing things **just to stay  
distracted.**



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7. Don't waste your energy on  
impressing somebody **who isn't  
interested.**





## **Last Line:**

Become more aware of what's  
really worth your energy and  
time.



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