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15 things you should say 'no' to for a happier life:

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1. Freeloaders

You should say 'no' to those who take and 'yes' to those who give.

Being generous and willing to give is good, but only give to those who will not abuse your kindness.

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2. Waiting Too Much

Life is too short to be waiting:

• In line
• In traffic
• For slow service

Instead of wasting time waiting, be productive.

Catch up on emails.

Prepare and read a book.

Ponder something you've learned.

Use your waiting time to enhance your life.

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3. Your Phone

Saying 'yes' to your phone is saying 'no' to something more meaningful.

Smartphones can be your best friend if you know how to use them.

But they can be your fiercest enemy if you don't.

Leave it in your pocket most of the time; that's where it belongs.

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4. Negative Talk

Don't listen to negative self-talk or other people's negative talk.

Whether you allow yourself or others to influence your life is within your control.

Be kind to yourself, and surround yourself with people who do the same.

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5. Meetings

You'll lose your soul if you spend too much time in meetings.

The most effective way to prevent long meetings is to keep people on track ruthlessly—or not take them at all.

It's not personal, but someone needs to keep the group on track—let it be you.

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6. Absorbing Gossip

It's impossible to live a fulfilling life if you're bothered by others' complaining.

It's poisonous and harms everyone involved.

Avoid it at all costs.

The easiest way to avoid it is to refuse to have friends that gossip.

Toxic friends = toxic life.

7. Defeatist Mindset

It's easy to be negative.

We can easily feel defeated and crushed in the face of all the adversity we face.

Finding the good is not easy.

It takes work to overcome that defeatist mindset and know good will come from the bad.

Gratitude changes everything.

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8. Perfection

The myth of perfection seems right to pursue.

But it's a myth that leaves you empty and crushed because it can never be reached.

Know when good enough is good enough.

Things will never be flawless.

The sooner you accept that the better your life will be.

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9. Bad Routine

Bad routines are so dangerous because they're difficult to break.

Nobody walks out of a dysfunctional routine with ease.

To move from bad to good, you must fight.

The fight is daily, and it can only be won with full effort and commitment.

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10. Excuses

Say no to your excuses and the excuses of others.

No one wins, gets ahead or becomes successful by making excuses.

Say no to excuses, and say yes to taking full responsibility.

Responsibility adds meaning to your life, so don't avoid it.

11. Bad Clients

Never lose sleep over a problematic client.

It doesn't matter how much they pay; if they impact your mental health, drop them.

The easiest way to say no to unsuitable clients is to recognize your own worth.

You won't sacrifice for them if you know your value.

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12. Procrastination

School has us all confused.

We think the most effective way to learn
something is to read, watch, and study.

It's not; we learn best by doing.

You don't need to procrastinate by
watching another YouTube video.

You need to start doing.

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13. Disorder

Say no to your disordered life.

It's time to declutter your:

• Mind
• Office
• Room
• Friends

Physical clutter is an expression of mental clutter.

To order your life, you must start by ordering your mind.

Start journaling; it's the simplest way to do this

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14. Working At Home

I'm not saying you shouldn't work from home.

I'm saying you shouldn't be working when you're with your family.

When you're home, be home.

Rather than focusing on work and its problems, be present and involve yourself in what is happening.

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15. Toxic People

There is a reason we use the word "toxic" for toxic people.

They're killing you.

It doesn't happen quickly, but it happens.

This is why you must take extreme measures to cut them out of your life.

No toxic person is worth your mental or physical health.