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Dan Murray-Serter 🧠

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The 20 things you should never feel guilty about:

1. Saying "no" to unreasonable requests
2. Setting boundaries and protecting your time
3. Prioritizing self-care
4. Taking time off work
5. Pursuing your passions
6. Asking for help
7. Ending toxic relationships
8. Letting go of friendships that no longer serve you
9. Saying "sorry" for things that aren't your fault
10. Not being perfect
11. Changing your mind
12. Investing in yourself
13. Spending money on experiences
14. Saying "yes" to opportunities that excite you
15. Saying "no" to things that drain you
16. Celebrating your successes
17. Taking risks and making mistakes
18. Standing up for yourself
19. Saying "no" to societal expectations
20. Being yourself

You deserve to live a life that feels authentic and fulfilling.

Don't let anyone make you feel guilty about any of these things:

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Dan Murray-Serter

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Insightful!

Good point!

Good to know!

I'll keep this in mind



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Rob Dance · 1st

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Tech Entrepreneur | 2x CEO & Founder | Author | Keynote Speaker | Follow for daily posts about Mindset, Personal Growth, and Leadership

What a list [Dan Murray-Serter](#) 🧠! The most important investment we can make is in ourselves!

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Lukas J.M. Stangl · 1st

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Growth Strategist @ Google | Ranked #1 Austrian LinkedIn Creator | C-Suite Advisor | Founder of Peak Life. | Follow me for posts about productivity and personal growth

A great reminder that prioritizing our well-being and staying true to ourselves is not only okay, but essential.

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Guilt-free living starts with knowing your worth! 🙌

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Agree! Setting boundaries is crucial for a balanced life!

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L. Jimmy Roos (He/Him) · 3rd+

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Helping 35-55 year old entrepreneurs and business owners convert more of their visitors into clients and customers by optimizing their web design, increasing engagement and building trust.

Society, especially Social Media where you're surrounded by all these people portraying a "perfect" lifestyle which many of them don't even live themselves, puts pressure on you to be a certain way "if you wish to attain the lifestyle they claim to enjoy." And if you're not strong enough ...more

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Adam Malone · 3rd+

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I help Operations Leaders build resilient, high performing teams

Self-care is so important - but sadly is often translated to "I just do selfish things me" it can be very self centered.

I agree that self care is important, but also believe that embedded within healthy self care rituals are conce ...more

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100% for all of this. But what prevents people from not feeling guilty about these things are rules that were drummed into them as children that they're not aware of, traumas and insecurities. I image that most people would love to not feel guilty about the things in their list, bi ...more

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Marco Rizzo · 3rd+

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Engineering Manager and living proof that being a manager doesn't mean being any less of an engineer

Refuse to let guilt manipulate your decisions. Saying 'no' to what drains you and 'yes' to what excites you is an act of courage and self-respect. Life is too short to live under the

expectations of others. Stand firm in your choices—they define your path toward an authentic and fulfilling ...more

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Varun Balsara (He/Him) • 2nd 1d ...

Helping coaches and experts build and scale their online businesses through AI-based SaaS platform | Cofounder - Let's Level Up

This list is spot on! It's a great reminder that taking care of ourselves isn't selfish, it's necessary.

Saying "no" to what drains us and "yes" to what excites us is essential for maintaining balance and happiness.' ...more

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Muhammad Tanveer • 3rd+ 1d ...

Director of Sales | Luxury Hospitality | Top Industry Voice | 25% YoY Growth | Global Top 100 in Hospitality

Self-care is crucial for professionals as it enhances productivity, reduces stress, and prevents burnout. By prioritizing self-care, professionals can maintain their physical and mental well-being, leading to better decision-making and overall job performance. Prioritizing seli ...more

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