

BE LESS JUDGMENTAL AND MORE RESPONSIBLE

This includes yourself. Everyone makes mistakes and being critical leads to complaining. Should of, would of, and could of are phrases that's better left out of your vocabulary. Let go of control. It is simply impossible to be in control of every situation, sometimes it is best to lower the stress and simply roll with the consequences. List your strengths to build confidence and, on a better day, list your weaknesses and how to downplay them. Compliment yourself and others. Acknowledge a job well done, or a nicely fitting suit or dress.

Own your mistakes, but never the mistakes of others. The first step to being responsible is self-respect. Begin by thinking highly of yourself and your decision-making process. There is no reason not to. Keep people in your life who respect you, and fail miserably at taking advantage of you. Eject chronic complainers. Let them carry their complaints elsewhere. Through garnering people in your life that like and respect you, you will naturally reciprocate the respect.

Judging a person does not define who they are.
It defines who you are.

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