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Sure-Fire Tactics

FOR MAKING YOU FEEL MISERABLE



Let's just address this right off the bat. You may be thinking, "Why would I want a list of ways to make me feel horrible?" Reasonable question. I mean, who wants to feel horrible? **Not me.** Who wants to feel badly about themselves? **Probably not you.**

The problem is that most of us (dare I say ALL?) actually do the things on this list. And we do them on a fairly regularly (dare I say DAILY?) basis.

WE DO THEM EVEN THOUGH WE KNOW THEY DON'T HELP US FEEL THE GOOD FEELINGS WE WANT TO BE FEELING.

Sometimes we know we are doing them. Sometimes we don't. But we do them. And they are guaranteed to make you feel like ick. ICK!! You can change them, but you gotta know what they are first. So here you go.

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1. Saying mean things to yourself, about yourself -- *just stop, it's toxic.*
2. Hating your body and forgetting what your body does for you every day. *(Hint: you are alive—it keeps you that way.)*
3. Comparison. This includes: comparing yourself to others, comparing yourself to who you think you should be, comparing yourself to how you used to be. *(Remember Theodore Roosevelt-- “Comparison is the thief of joy.” Pure truth.)*
4. Doing things to impress others. *(Only your opinion truly matters.)*
5. Chasing after being perfect. *(Hint: it doesn't exist.)*
6. Looking for and expecting the bad in others or in situations. *(Hint: you'll find what you look for.)*
7. Telling yourself you aren't good enough because _____. *(Pick your demon. We've all got one ... or two.)*
8. Constantly criticizing yourself or others.
9. Holding onto hurts and pains from your past.
10. Making decisions from a place of fear. You can't make your best choices if they are based in fear. You just can't. Chose love instead.
11. Punishing yourself or others for past mistakes. We've all made them and we can't change them.
12. Not being grateful. *(Hint: how often do you forget how much you truly have?)*
13. Dwelling on negative thoughts. Letting them take root in your mind and rule the day is no bueno.
14. Having to be right all the time. *(Hint: you're not and it's ok.)*
15. Not saying sorry when you should say you're sorry. Forgiveness is a powerful tool.
16. Staying in situations (relationships, jobs, etc.) that are not good for you. Get out. Please.
17. Blaming others -- it's a dead-end road. You can only control yourself.
18. Not taking care of your body in ways that are good for YOUR body. *(YOUR body!!!!)*
19. Forgetting to take care of your soul -- or that you even have a soul to take care of.
20. Trying to control things that are out of your control. *(Hint: this is almost everything.)*

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So, there you have it. Anything on the list resonate?
The really important question at this point is,

**“IS THIS HOW YOU WANT TO GO THROUGH YOUR LIFE--
CONSTANTLY MAKING CHOICES THAT MAKE YOU FEEL
LIKE SHIT?”**

If the answer is a RESOUNDING NO (which I hope it is), you can change how you do things. You can create a way of living that feels good. You really can.

But you have to let go of the things on this list. It can take some time and some effort, but it's worth it.

**YOU'VE GOT THIS ONE LIFE
ISN'T IT WORTH THE EFFORT TO MAKE IT FUCKING FABULOUS???**