

- ✓ *Give up your need to always be right*
- ✓ *Give up your need for control*
- ✓ *Give up on blame*
- ✓ *Give up your self-defeating self-talk*
- ✓ *Give up your limiting beliefs*
- ✓ *Give up complaining*
- ✓ *Give up the luxury of criticism*
- ✓ *Give up your need to impress others*

- ✓ *Give up your resistance to change*
- ✓ *Give up labels*
- ✓ *Give up on your fears*
- ✓ *Give up your excuses*
- ✓ *Give up the past*
- ✓ *Give up attachment*
- ✓ *Give up living your life to other people's expectations*