

# 6 TOXIC THINGS TO LEAVE BEHIND IN 2018



## COMPANY OF NEGATIVE PEOPLE

Sometimes you feel emotionally drained after meeting a person. Such people always see a problem in every opportunity and solution. They feel that the world is always conspiring against them. They also tend to hoard things, because of their scarcity mindset.

## LIMITING BELIEFS & SELF DOUBT

Michael Hyatt lists 3 limiting beliefs in his book *The Best year Ever*

1. Limiting beliefs about the world.
2. Limiting beliefs about our own-self.
3. Limiting beliefs about others.



## EXCUSES KEEPING YOU IN THE COMFORT ZONE

Comfort Zone leads to Complacency. The world around us is changing very fast, and remaining in our comfort zone can leave us far behind. It limits our growth, new experiences and leaves us with excuses which we give to ourselves and the world.

## GIVING TOO MUCH IMPORTANCE TO WHAT THE WORLD WILL THINK

“Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.” — Marcus Aurelius. People will talk. They always have. And they always will. No matter what you do or say. Learn to ignore it and follow your intuition.



## ANALYSIS PARALYSIS

Analysis paralysis is the state of over-thinking about a decision to the point that a choice never gets made. Unless you are dealing with a life-altering decision, perfection is not the key. Your goal is to pick a moderately “okay” choice in a fair amount of time, and then move on.

## PROCRASTINATION

Procrastination is the habit of delaying an important task, usually by focusing on less urgent, more enjoyable, and easier activities instead. It is different from laziness, which is the unwillingness to act.

