



# 5 STEPS TO STOP NEEDING TO BE LIKED

1. SEPARATE YOUR SELF-WORTH  
FROM OUTSIDE APPROVAL
2. ACCEPT THAT SOME PEOPLE WILL  
ALWAYS DISAPPROVE OF YOU
3. WALK AWAY FROM TOXIC PEOPLE  
WHO MAKE YOU FEEL BAD
4. LEARN TO LIKE SAYING NO WHEN  
IT IS NEEDED
5. FOCUS ON DOING THINGS THAT  
MAKE YOU LIKE YOURSELF, NOT  
ON WINNING THE WHOLE WORLD  
OVER