



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