

# Give up:

- YOUR NEED TO ALWAYS BE RIGHT
- YOUR NEED FOR CONTROL
- ON BLAME
- YOUR SELF-DEFEATING SELF-TALK
- YOUR LIMITING BELIEFS
- COMPLAINING
- THE LUXURY OF CRITICISM
- YOUR NEED TO IMPRESS OTHERS
- YOUR RESISTANCE TO CHANGE
- LABELS
- ON YOUR FEARS
- YOUR EXCUSES
- THE PAST
- ATTACHMENT
- LIVING YOUR LIFE TO OTHER PEOPLE'S EXPECTATIONS

**AND YOU CAN BE HAPPY**