

10 TOXIC HABITS LIMITING YOU



01. Victim Mindset

↓ Leads to feeling powerless and making excuses for not acting. Accept what you can't change & focus on what you can. Set achievable goals and take small steps forward.

↓ Lowers self-esteem and fosters negative self-fulfilling prophecies.

↑ Recognize when you're in inner critic mode. Adopt the mental tone of a supportive friend instead.



02. Negative Self-Talk

↓ Viewing yourself or the world around you as not enough or good enough cultivates chronic dissatisfaction.

↑ Recognize when you're in cup-half-empty mode. Focus instead on what you're grateful for.



03. Not-Enoughness Life Lens

↓ Constantly comparing yourself to others steals your joy and breeds inadequacy. Social media can exacerbate this.

↑ Focus on your own journey, goals & progress. Consider limiting social media time.



04. The Comparison Trap

↓ Blaming others or circumstances stops you from taking responsibility and making changes.

↑ Own & learn from your choices and actions. Journal to identify patterns and where you can make changes.



05. The Blame Game

↓ Keeps you stuck in a negative spiral of worry. Stops you from taking action to move forward.

↑ Shift focus to what you can know, control, and do. Let go of the rest, redirecting rabbit hole thoughts.



06. Rabbit Hole Thinking

↓ Makes your self-worth dependent on others' approval.

↑ Appreciate your wins for what they mean to you. Recognize feedback is someone else's opinion based on what's important to them, which may or may not have value for you.



07. Chasing Approval

↓ Living in the past or future creates stress and steals your now.

↑ Pay attention to now and being intentional as you think, act and communicate.



08. Not Being Present

↓ Toxic relationships and habits drain you emotionally and keep you stuck.

↑ Recognize destructive relationships & patterns. Set boundaries. Choose healthier options that support your well-being.



09. Holding On To What's Toxic

↓ Ignoring your well-being leads to burnout, anxiety, and unfulfillment.

↑ Prioritize getting enough exercise and quality sleep, eating well, & taking time for what lifts you up and enriches your life.



10. Neglecting Your Self-Care