

# 11 Things You Should Stop Doing Right Now

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Life may be confusing sometimes. You are trying very hard to make your dreams come true and then you fail. You listen to other people's advice but they just don't seem right. You see that someone who doesn't deserve something, get it. You see poor children starve to death and you can't do anything about it. The media shows you idealized people, who always look beautiful and you know you are nothing like them. It is so easy to be depressed and confused! But here's what I think: there are some things you should stop doing right away, that will make your life better. Life is simpler than is seemed to be. You just need to change the bad habits and focus on what is important.

### 1. Stop Judging.

It is so easy to judge and have false conclusions about other people's lives. And that's what really makes your life miserable. You never know what another person feels and why he or she behaves this way. You can't possibly know how it is to be in his/ her shoes. All you can see is only a small part of the story.

Be more understanding, compassionate and sympathetic. Try to look at others with love. You don't have to approve their actions but at least don't judge them. Let them live their lives in the way they want. That will really make YOU happier.

*Circumstances cause us to act the way we do. We should always bear this in mind before judging the actions of others. I realized this from the start during World War II.*

*Thor Heyerdahl*

## 2. Stop Complaining

There is NOTHING good about complaining. It is a waste of time for you and for anybody who is listening to you. By telling how bad things are, you are taking away other's people positive energy.

Don't complain! If you have a problem, find someone who will help you in finding a solution. Somebody who will advise you what to do to make your life happy again.

*The future rewards those who press on. I don't have time to feel sorry for myself. I don't have time to complain. I'm going to press on.*

*Barack Obama*

## 3. Stop Gossiping.

What is good about gossiping? It always hurts. Gossip is not the truth, it's usually someone else's opinion. Don't listen to gossips and don't pass them on. It's not your business what other people do. If they have problems, they will solve it by themselves. You should start caring when they will come to ask for your advice. Until that, you really shouldn't waste your time on gossiping.

*It is just as cowardly to judge an absent person as it is wicked to strike a defenseless one. Only the ignorant and narrow-minded gossip, for they speak of persons instead of things.*

*Lawrence G. Lovasik*

## 4. Stop Living Other People's Lives.

You may not be a gossip but you still can live other people's lives by reading stupid magazines or watching dumb TV shows. Why do you care what Kim Kardashian wears? Why it is important to you? Why do you believe her life is better than yours? Why do you believe she is better than you?

If you [start living your dream life](#) and do what you love, you won't have time for

living other people's lives. Your life will be too interesting! Every day [you are one step closer to death](#). Start making your life more colorful right now!

*If life is a movie, most of us are watching the boring and talked over!  
Well, it's still not too late; drop it.. and start afresh with a new and exciting one.*

*Syed Arshad*

## **5. Stop Hating.**

There is a very famous story among Indian tribes. It is about two wolves that live inside of us. Everyone has his own two wolves. One is white and the other is black. The white symbolizes everything that is pure: [love](#), happiness, peace, joy, hope, serenity, benevolence, generosity, humility, empathy, truth, faith, compassion and kindness. The black one symbolizes everything that is dirty: hate, sorrow, greed, regret, self-pity, arrogance, envy, guilt, anger, resentment, lies, inferiority, false pride, ego, and superiority. Every day you make a choice which wolf are you going to feed. If you choose to feed the white one, your life will be filled with happiness. And you really can starve the black one to death. It is up to you. Everyday.

*It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.*

*Confucius*

## **6. Stop Being Jealous.**

What does it mean to be envy? It is wishing someone else wouldn't have what he has. Wishing that she was less beautiful. Wishing that they were less happy. Wishing that they have less money.

Do you know what is funny? That envy is never about other people. It is always about YOU. That YOU don't have what they have. You are miserable and unhappy and you wish other people feel just like you.

It's cruel and hateful. And it will never bring anything good to your life. Start being happy! Start enjoying other people's happiness and you will get everything you want. You will feel peace and joy. And your life will be more beautiful.

*I think it's important to get your surroundings as well as yourself into a positive state - meaning surround yourself with positive people, not the kind who are negative and jealous of everything you do.*

*Heidi Klum*

## **7. Stop Wasting Your Time.**

How many hours a day do you spend on doing things that won't make you a better person? Things that are taking the precious time you have on this Earth away from you? Think about how many awesome and inspiring things you could do instead of watching dumb TV shows or scrolling Facebook.

All of us have 24 hours a day 7 days a week. Successful people use this time to be better, to work on their goals. And losers are just wasting their time. Who are you? And who do you want to be?

*Don't waste your time chasing things that will never be beneficial to your future.*

*April Mae Monterrosa*

## **8. Stop Dreaming, Start Doing.**

OK, you are a positive person, you don't judge, hate, envy, and gossip. You have big dreams and you want to make your life better. But what are you actually DO to make your dreams come true?

Are you working on improving your life or only thinking about it? Remember that the distance between reality and your dream life is called ACTION. Start working on your dreams! The right time is NOW.

*A dream doesn't become reality through magic; it takes sweat, determination*

*and hard work.*

*Colin Powell*

## **9. Stop Blaming Others.**

We all had difficult childhoods. You father was beating you? Your mother didn't give you enough attention? Your parents loved your sister more? Kids at school didn't like you? You didn't have friends? You were ugly or sick? You are an orphan without any family?

We are really sorry for you. But you can't change your past. NEVER. So stop thinking about what happened and start focusing on what will happen in the future.

Stop blaming others for your misery. It won't change anything. Take responsibility and become a master of your own life.

*People spend too much time finding other people to blame, too much energy finding excuses for not being what they are capable of being, and not enough energy putting themselves on the line, growing out of the past, and getting on with their lives.*

*J. Michael Straczynski*

## **10. Stop Caring What Other People Thinks.**

Your family thinks you are crazy because you are following your heart? Your partner doesn't understand you? You've lost your friend because they say you've changed and you are different than you have been in the past?

So what. Why do you care? People will always judge you. The greater you will be, the more haters you will have. It's life, you won't change it. So don't waste your time trying to please other people. Focus on yourself and start doing what you love!

*Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.*

*Bernard M. Baruch*

## **11. Stop Worrying.**

Why do you spend so much time thinking about what bad can happen in the future? Why do you imagine such bad things? Do you realize that it is taking the HERE and NOW from you?

If something bad is going to happen, it will happen anyway. And worrying only spoils your mood right now. It doesn't help you with anything, it only takes your positive energy away. Stop worrying and start enjoying your life. Be thankful for how blessed you are;

*'Worry' is a word that I don't allow myself to use.*

*Dwight D. Eisenhower*