

7 Types Of Negativity To Kill

The Inner Voice



Perfectionism

- ☐ Trying to achieve something that's literally unattainable Will only result in you feeling "less than".

Judgement over yourself and others

- ☐ When you are judgemental, you are only focusing on The negative qualities in yourself and others.

Self-doubt

- ☐ Self-doubt is a weed that will take over your life if you Don't kill it at the root.

Assuming the worst will happen

- ☐ If you never think things will be better, they won't be. This removes hope.

Worry

- ☐ Worrying changes nothing except your health and Mental state.

Complaining

☐ When you focus on the negative things, you are really Setting yourself up for never being content or happy.

Trying to control everything

☐ You can't control everything and when you try and Inevitably fail, you will only make yourself

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