



10 THINGS TO QUIT...TO GROW RICH!

By Casey Sollock

1. **QUIT** being someone else. Be yourself. Seriously. Who are you?
2. **QUIT** dwelling on the past. Focus on the future.
3. **QUIT** doing something because you're afraid to quit.
4. **QUIT** unhealthy behaviors (too much sugar, too little sleep...). Body, mind & spirit.
5. **QUIT** blaming others for your situation. You are in charge of your own life. You are empowered.
6. **QUIT** complaining. Find the positive in every situation. I know. It's hard. Do it for a day, then two days, then a week.
7. **QUIT** trying to do it all on your own. Engage a support system to help you. No man (or woman) is an island unto herself.
8. **QUIT** saying "Yes" to everything. Set boundaries. Keep your sanity.
9. **QUIT** expecting perfection...from yourself and everyone else. **P**obody's **N**erfect. You'll be happier if you give yourself...and others....some slack!
10. **QUIT** caring what other people think of you. Focus on your audience of One (you know the One I'm talking about!).

Casey is the founder of www.QuitToGrowRich.com.

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