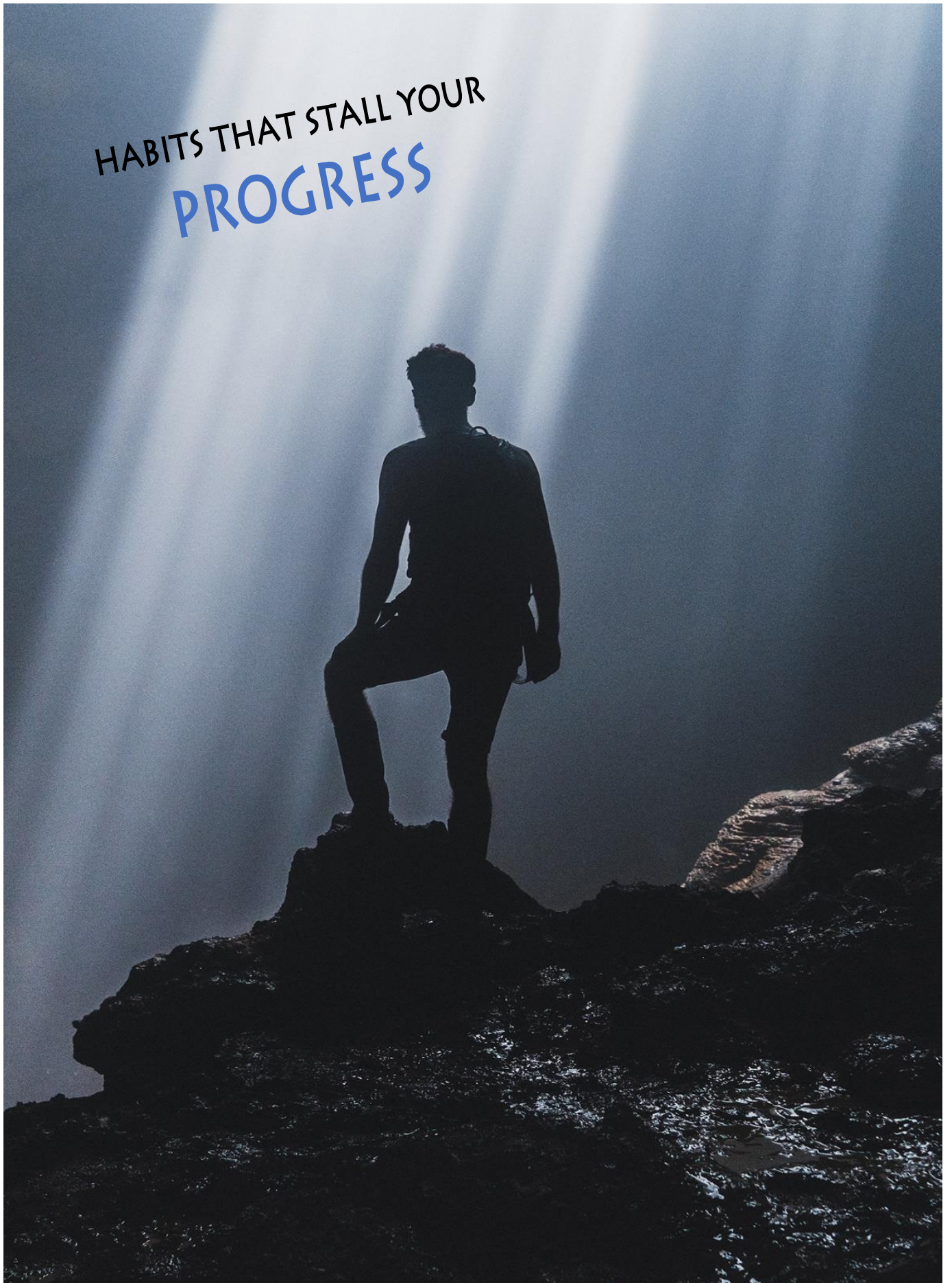
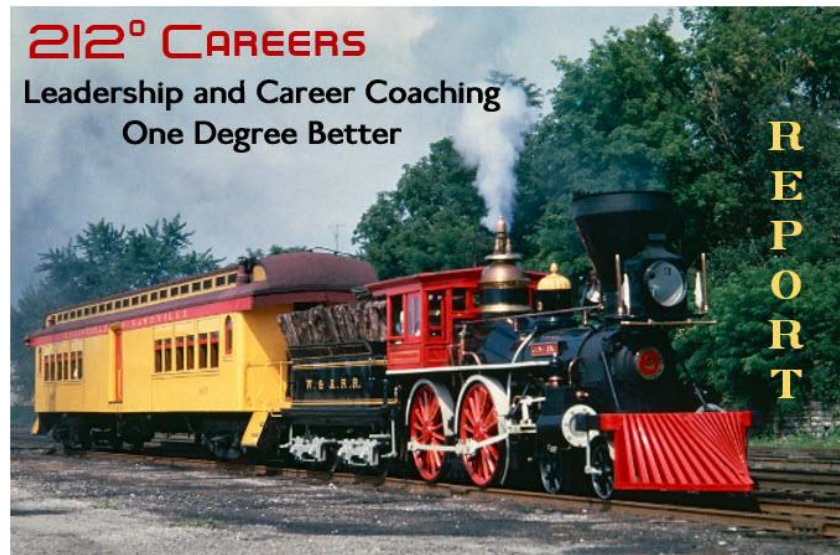


HABITS THAT STALL YOUR  
**PROGRESS**





This report includes **nine powerful tips** and **three actionable steps** you can take immediately.

It also includes a list of **suggested readings** for even more information.

# TOP TIPS

We all have varying degrees of bad habits. Some of these bad habits can damage your overall happiness. Once you recognize these habits, you can take action to replace them for good!

## **1. Falling into the Comparison Trap**

In today's social media-driven world, falling into the comparison trap can harm our happiness. It fosters discontent, distorts self-perception, and diminishes gratitude for our accomplishments and blessings.

## **2. Not Appreciating the People and Things You Have**

You will struggle to find happiness if you overlook what you already have in your life. Make a concerted effort to think about the things in your life that are going well or bring you happiness.

## **3. Being Stuck in the Past or Fearing the Future**

Being stuck in the past or fearing the future robs us of the present moment. It can lead to anxiety, worry, and undue stress. Embracing the present moment helps you stay happier.

## **4. Trying to Control Everything**

Many spend a lot of time and energy creating the perfect plan for their life, only to be disappointed when things don't go their way. You aren't always in the driver's seat, no matter how much you want to steer the ship. Instead of being rooted in the land, let the sea move you about. You may find new opportunities awaiting you.

## **5. Being Afraid to Make Mistakes**

Fear of making mistakes paralyzes you and prevents you from exploring new growth opportunities. Mistakes are the choices that help you expand your horizons and increase your success in your home, career, and life.

## **6. Not Learning from Your Mistakes**

Not learning from your mistakes hinders personal growth and happiness. It perpetuates patterns of behavior that lead to repeated errors and prevent self-improvement. It's hard to be happy when you are passing up valuable lessons and growth.

## **7. Staying Stuck in Toxic Relationships**

How can you be happy if surrounded by people who constantly upset you? Toxic people leave you stuck. They don't care about you. They only want what they feel is best for themselves, even if it hurts you. If the relationship goes on long enough, their negativity will flow over to you, preventing you from living life to the fullest.

## **8. Remaining in Your Comfort Zone**

Comfort zones are suitable for a while, but they can quickly become a rut from which you need to escape. Expanding your horizons opens your life to new experiences that can fuel your happiness.

## **9. Letting Procrastination Rule Your Life**

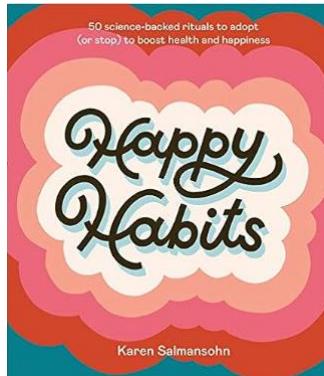
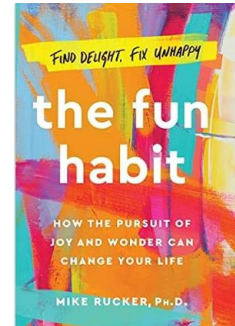
There are times when we all put off a dreaded task. We even create excuses to make us feel better. Habitual procrastination damages long-term happiness because you lose precious time pursuing your dreams and goals.

## FAST-ACTION STEPS

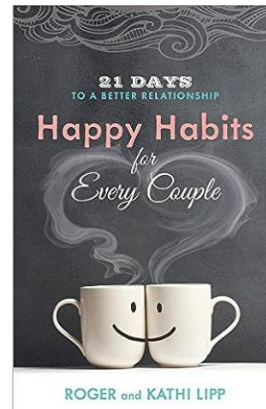
1. Avoid playing the Comparison Game by limiting your social media viewing. Instead, focus on taking one new step toward your personal goals and leave others to theirs.
2. Write down three things you are grateful for each day. Next, review your gratitude journal weekly. You will soon realize you have much to be thankful for.
3. Reassess your relationships. Who brings you down and doesn't support your dreams? It is time to let those relationships fizzle out.

# FURTHER READING

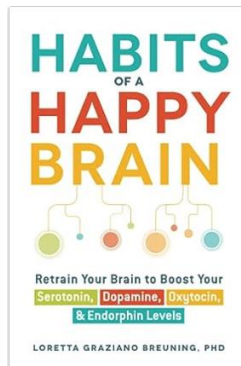
1. [The Fun Habit: How the Pursuit of Joy and Wonder Can Change Your Life](#)



2. [Happy Habits: 50 Science-Backed Rituals to Adopt](#)



3. [Happy Habits for Every Couple](#)



4. [Habits of a Happy Brain](#)

5. [3 Minute Happiness Journal](#)

