"Before you judge me by my life, my past or my character... Walk in my shoes, walk the path I have traveled, live my sorrow, my doubts, my fear, my pain, and my laughter..."
Judging others is one of the most destructive tools that we can use on ourselves. Many of us don't realize it, but when we judge others, and make our judgments known to the world, we signify to the world that we are willing and open to be judged as well. As everyone is able and inevitably makes mistakes, when we choose to judge others, the scope we have on our own lives for when we make our own mistakes will be magnified 10 times greater.

Instead of wasting time, and energy judging other people, we should focus that time and that energy on loving others and loving ourselves. Instead of taking time out of your day to think negatively about someone and their actions, wish them well in whatever ventures they may wish to encounter. Instead of wasting time, energy, and breath speaking out against someone, speak positive words of encouragement, relief and healing.

Source: [here](http://tiest.staff.ipb.ac.id/2015/03/06/judge-people-no-time-love/)
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