"When you say yes to others make sure you are not saying no to yourself."
Are the things that you are allowing to commence in your life in relation to the people who mean the most to you making you compromise so much that you feel uncomfortable, and that make you feel at times that you don't really know who you are anymore?

Remember that it is nice to comfort people, and to be helpful, but don't forget who you are while you do it. Saying yes to others too many times, often means that you are saying no to yourself too many times.

Never compromise who you are, your beliefs, and your morals, just to appease to someone else. We are all individuals, and everybody has different walks to lead in life.

Be yourself! Be an individual! It is ok to compromise, so long as you don't lose yourself or your belief set when you do compromise. If you are willing to stand for nothing, then you will fall for anything!

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