When you start judging yourself
By looking through the eyes of your
Parents, husband, friends, or boss,
You end up running around doing
More and more in an effort to gain their approval.
It does not take long before you end up
Feeling exhausted, resentful and ready to give up.
Trying to live your life by the expectations of others
Disconnects you from your own desires.

It leaves you feeling empty and unmotivated.

The gratification that comes from
Fulfilling the expectations of others
Is very little and short-lived.

Reclaim the energy and happiness
That is rightfully yours!
Be your own judge and
Live by your own expectations.

As you reclaim your potential,
You will thrive and feel energized,
Because you are accomplishing things
That are important to you.

Start today!
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