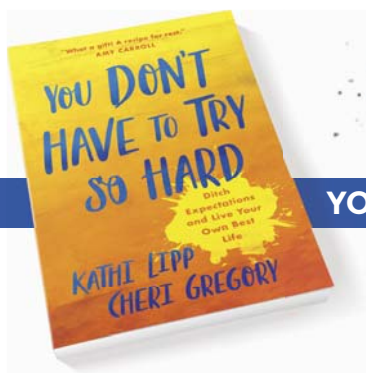


# THE 3 MOST IMPORTANT THINGS TO KNOW IF YOU ARE A PEOPLE PLEASER

1. You will have to disappoint people  
-and that's OK
2. Just because your feel bad doesn't  
mean it was a bad decision
3. Loving Limits for ourselves and others



[YOU DON'T HAVE TO TRY SO HARD.COM](http://YOU DON'T HAVE TO TRY SO HARD.COM)