

ARE YOU TRYING TOO HARD TO PLEASE EVERYONE?



7 Signs You're Trying to Please Others Rather Than Yourself

Are expectations real or imagined? Do people make you feel obligated to satisfy their expectations or are you putting pressure on yourself?

How hard do you try to gain acceptance? It takes a lot of energy to masquerade as someone else. In fact, it's exhausting. Real friends accept you for who you are, not for who they want you to be.

Do you compromise your principles to please others? Listen to your conscience. If you're not ready to do something, don't let others convince you that you are. Remember, you have to live with yourself for the rest of your life.

Do friends and family expect payback for their support? Real friends don't keep score. They give of themselves without expecting something in return.

How much time do you spend trying to look good? Great organizations reward people based on performance rather than politics. Every minute that you spend promoting yourself is valuable time you could use to be doing something worthwhile.

Are you being asked to give more than you can? If you give generously of yourself, don't let others make you feel guilty. To some people, enough is never enough. People can make you feel guilty only if you allow them to.

Are your expectations of yourself unreasonable? Some people are perfectionists; they always want to give more. The problem is that they're tough on themselves to a fault. Do what you can. You're only human.