



POWERFUL HABITS TO

GIVE UP

and start reclaiming your life

www.demystifyingyourgut.com



Give up...

- GIVE UP prohibiting others doing what they need to learn.
- GIVE UP imposing your beliefs, reasons or truths on others.
- GIVE UP condemning others attitudes or behaviours.
- GIVE UP protesting, when things do not turn out as you wanted.
- GIVE UP arguing, against that which you are not in agreement.
- GIVE UP opposing, that which confronts your beliefs.
- GIVE UP supposing unpleasant things can happen.
- GIVE UP doing things that no longer are your responsibility.
- GIVE UP seeking justice, for things that happen to you or others.
- GIVE UP obstructing the evolution or activities of others.
- GIVE UP feeling offended by what others say or do.
- GIVE UP all that disturbs your inner peace.
- GIVE UP jealousy or judging others by their decisions.
- GIVE UP forcing people to be with you.
- GIVE UP blaming people, for the things that happen.

- GIVE UP confronting the reality that life has presented you.
- GIVE UP obstructing the experiences of others.
- GIVE UP contradicting anyone's opinion.
- GIVE UP suffering, for the things you cannot change.
- GIVE UP being a slave of the opinion of others.
- GIVE UP interfering with the decisions of others.
- GIVE UP feeling distressed, for that which you cannot control.
- GIVE UP fighting, to obtain what you don't need.
- GIVE UP suffering for what you cannot do.
- GIVE UP attacking anyone, for any reason.
- GIVE UP forcing your ideologies on others.
- GIVE UP upholding the truth that you believe you have.
- GIVE UP worried, for what you don't know.
- GIVE UP suffering, for what may happen.
- GIVE UP finding out who wronged you.
- GIVE UP allowing others to decide for you.
- GIVE UP worrying, for those who are dear to you.
- GIVE UP arguing, about anything.
- GIVE UP proving that you are right.
- GIVE UP holding what you no longer need.
- GIVE UP criticizing anyone or anything.
- GIVE UP your ego and pride.

Listen to your signals and activate true healing.



**Understand hidden triggers to heal true
root causes.**

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[Diana Campero](#)



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demystifyingyourgut@gmail.com