

Things to Avoid Cause They Are Not Worth It- at least try!

- 1 Dreaming to have luxury items beyond your means
- 2 Agree with everything society thinks-you can think outside the box.
- 3 Binge watching YouTube or Netflix-stop at a reasonable hour.
- 4 Forcing to stay in touch with people-think if it is really worth it.
- 5 Sacrificing your health for money-what good is money without health.
- 6 Neglecting your mental health-just as important as the physical.
- 7 Not having enough sleep.
- 8 Eating too much of sweet food.
- 9 Frequently drinking caffeine-getting you cranky when you don't have it

