

Liked: Whose Approval Are You Living For?



In the age of social media, it's easy to get caught up in the pursuit of likes, followers, and approval. We post photos and updates, hoping to get a certain number of reactions or comments. We compare ourselves to others, wondering why they seem to have it all together while we feel like we're constantly falling short.



Liked: Whose Approval Are You Living For? by Kari Kampakis

★★★★☆ 4.7 out of 5

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But what if we stopped living for the approval of others and started living for ourselves? What if we focused on our own happiness and well-being instead of trying to meet the expectations of everyone else?

It's not always easy to break free from the need for approval. We've been conditioned from a young age to seek out the approval of our parents, teachers, and peers. But as we get older, it's important to learn to stand on our own two feet and make our own decisions.

Here are a few tips for living for yourself:

- **Identify your own values and goals.** What's important to you in life? What do you want to achieve? Once you know what you want, you can start making decisions that are in line with your values.
- **Set boundaries.** It's important to set boundaries with others so that they know what you're willing to tolerate and what you're not. Don't let people walk all over you or take advantage of you.

- **Practice self-care.** Self-care is essential for your physical and mental health. Make sure you're getting enough sleep, eating healthy foods, and exercising regularly.
- **Surround yourself with positive people.** The people you spend time with have a big impact on your life. Choose to be around people who support you and make you feel good about yourself.
- **Be kind to yourself.** Everyone makes mistakes. Don't beat yourself up if you don't always meet your own expectations. Forgive yourself for your mistakes and learn from them.

Living for yourself doesn't mean being selfish. It means putting your own needs first and not letting the opinions of others dictate your life. It means being true to who you are and living a life that's meaningful to you.

It's not always easy to live for yourself, but it's worth it. When you're no longer living for the approval of others, you're free to be yourself and pursue your own happiness.

So ask yourself: who are you living for? If the answer is anyone other than yourself, it's time to make a change.



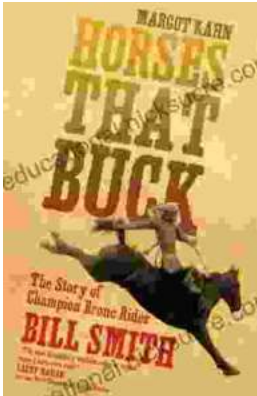
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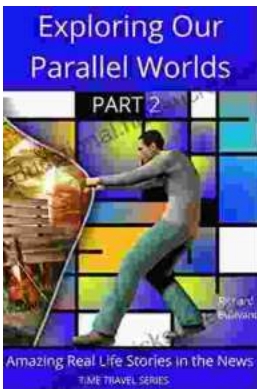
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