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The most annoying people we encounter: a weekend morning reflection

1. People who preach what they don't practice.
2. People who take credit for work they haven't done
3. Negative people who poison the environment.
4. People who are not grateful for what they have
5. Those who want to take but not give.
6. Know-it-alls who ignore what others think.
7. Constant complainers who don't find solutions.
8. People who find it difficult to say "Thank You"
9. Critical people who never say something nice.
10. Gossipers who spread bad stories.
11. Selfish people who only care about themselves.
12. Friends who only call when they need help.
13. Self-centered individuals who always make it about them.
14. People who are not trustworthy
15. Mean people who give us lectures about generosity
16. People who don't smile

To maintain a positive environment, it's important to avoid the types of people who drain your energy. You can create a more peaceful and enjoyable work and life environment without them.

Please reflect on your own experiences and share your views.

I have never, ever focused on the negative of things. I always look at the positive.

Sonia Sotomayor



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