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The School of Life

A reflection on ten things I shouldn't have done but could be considered as lessons learned:

1. I shouldn't have trusted people too easily: Placing blind trust in others can lead to disappointment; it's important to assess people's intentions.
2. I shouldn't have been generous with those who don't appreciate it: Being generous is admirable, but it can be wasted on those who take it for granted rather than valuing your kindness.
3. I shouldn't have said thank you too often: While gratitude is valuable, overdoing it can make it lose its significance and may lead others to take your appreciation for granted.
4. I shouldn't have ignored my gut feelings: Intuition often provides valuable insights; disregarding it can lead to poor decisions.
5. I shouldn't have stayed silent in uncomfortable situations: Silence can be interpreted as acceptance; speaking up can foster healthier relationships and environments.
6. I shouldn't have compared myself to others: Each person's journey is unique; comparisons can lead to unnecessary self-doubt and dissatisfaction.
7. I shouldn't have rushed into commitments: Taking time to reflect before making commitments can prevent future regrets and ensure alignment with my values.
8. I shouldn't have neglected my own needs: Prioritizing others at the expense of my well-being can lead to burnout and resentment.
9. I shouldn't have avoided confrontation: Addressing issues directly can lead to resolution and understanding, while avoidance can create lingering tension.
10. I shouldn't have been afraid to say no: Setting boundaries is crucial for maintaining healthy relationships and ensuring that my time and energy are respected.

These reflections can help guide future decisions and foster personal growth.



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