



YOU CAN'T MAKE
EVERYONE HAPPY.
YOU'RE NOT AN
AVOCADO.

Are you a people pleaser? Maybe that explains why you're such a miserable ass. Because there are two big problems with trying to make everybody else happy all the time:

- 1) It's impossible.
- 2) You end up sacrificing *your own* happiness in the process.

So being a people pleaser is f*cking dumb.

What are some ways that you're trying to please everybody else? How would you make YOURSELF feel better if you stopped?
