

## How to Stop Taking Things Personally

**1. Realise** that other people's rudeness is not about you. When someone is rude it's likely to be a reflection of their own issues.

**2. Ask yourself** what else the comment or behaviour might mean. For example, if someone doesn't smile or say hello, they might be shy.

**3. Take comments** or criticism in a constructive way. Ask yourself if there's any truth to it, and what you can learn.

**4. Take a different perspective.** Ask yourself how an unbiased outsider would see the situation.

**5. Realise** that you can't please everyone.

**6. Know** that you're not defined by your mistakes or criticism.


**7. Realise** that your self-worth depends on you. It does not depend on what others say about you.





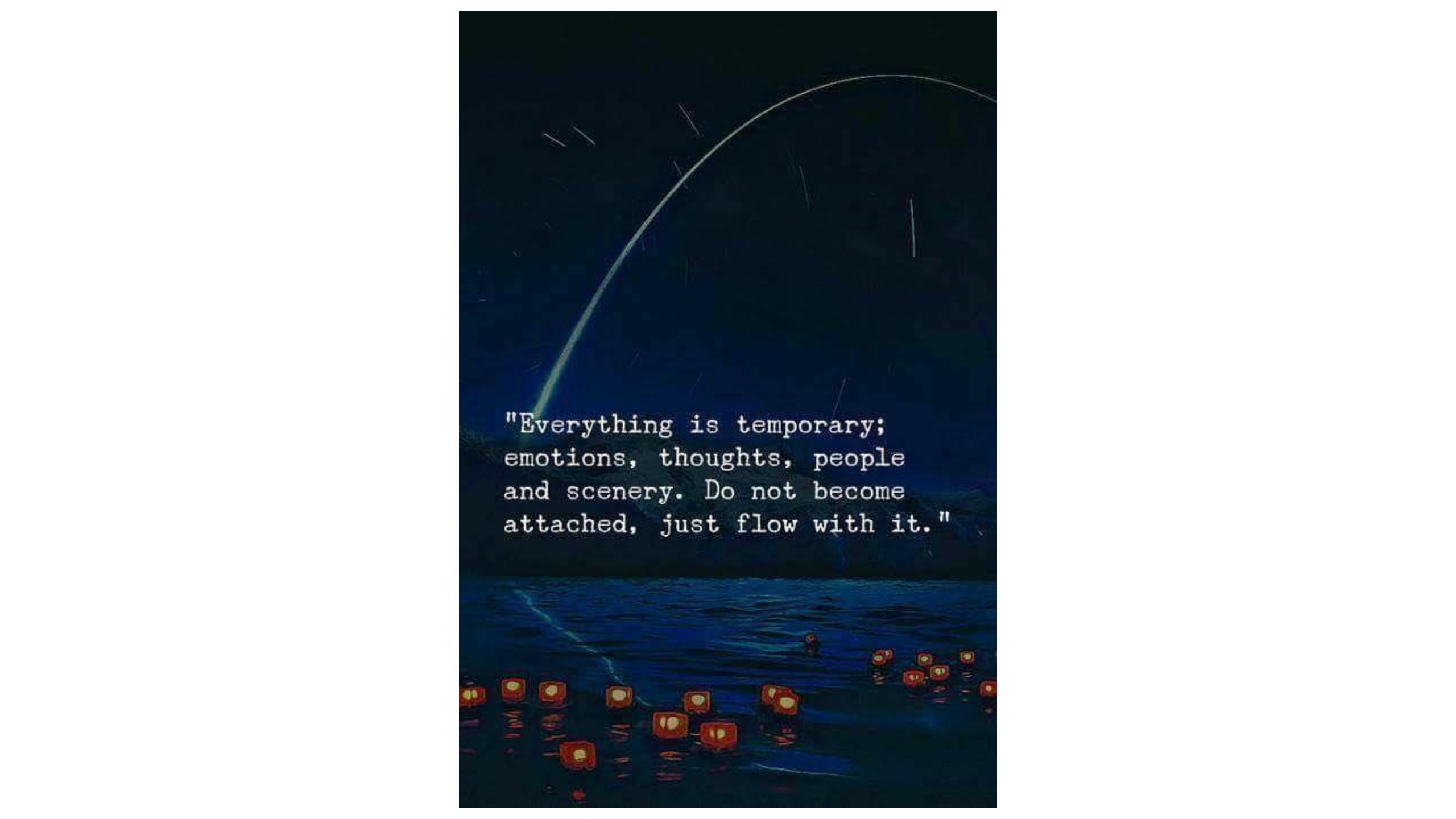
**Health does not always  
come from medicine.**

Most of the time it comes  
from peace of mind,  
peace in the heart,  
peace of soul. It comes  
from laughter and love.



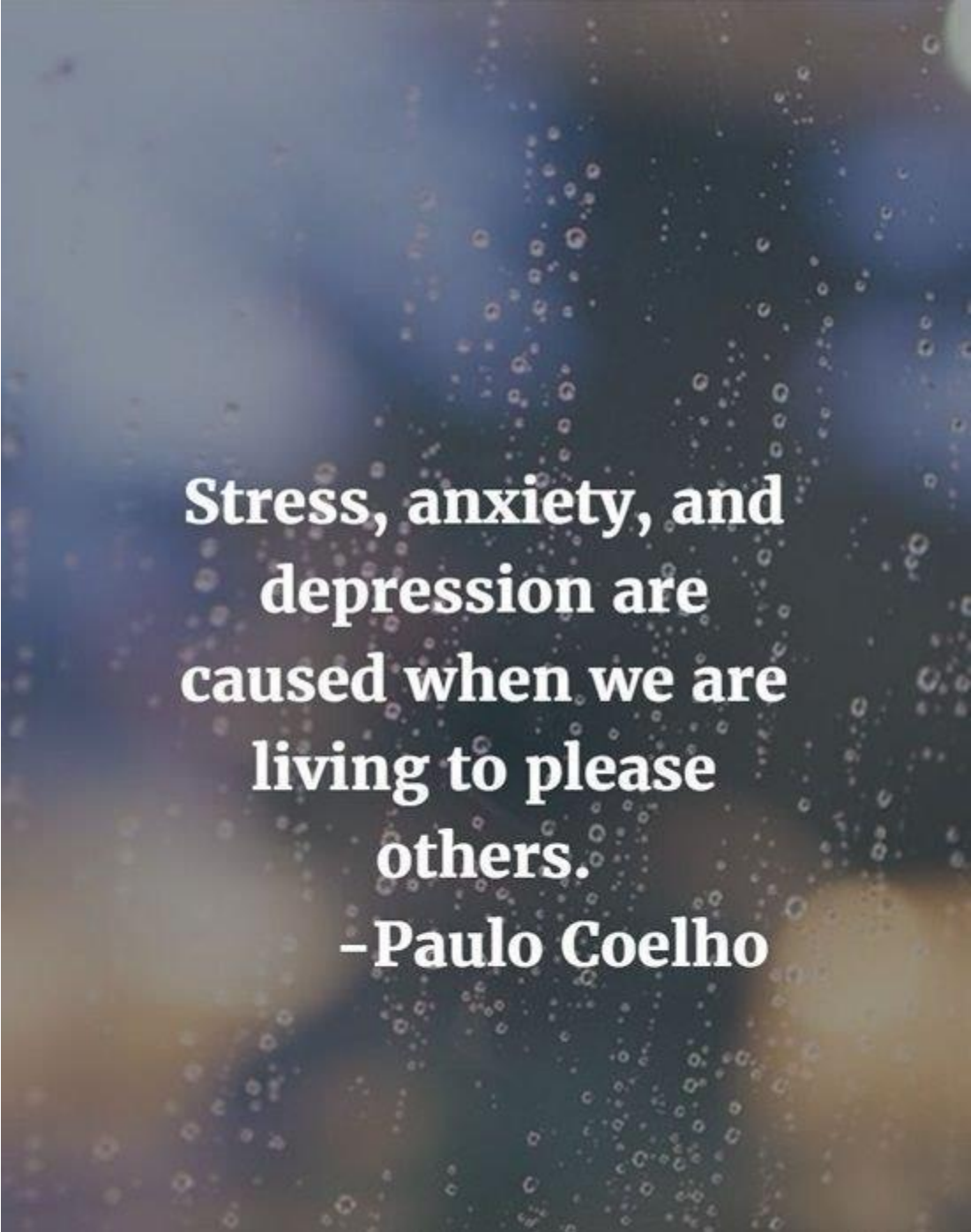
*Let us read, and let us  
dance; these two  
amusements will never  
do any harm to the world.*

@QUOTESWORLD23 AND @BOOKS\_USTOZUZ

A vertical rectangular image. The top half shows a dark night sky with a bright, curved meteor streaking from the upper left towards the center. The bottom half shows a dark blue body of water with several glowing red buoys floating on the surface. The text is centered in the middle of the image.

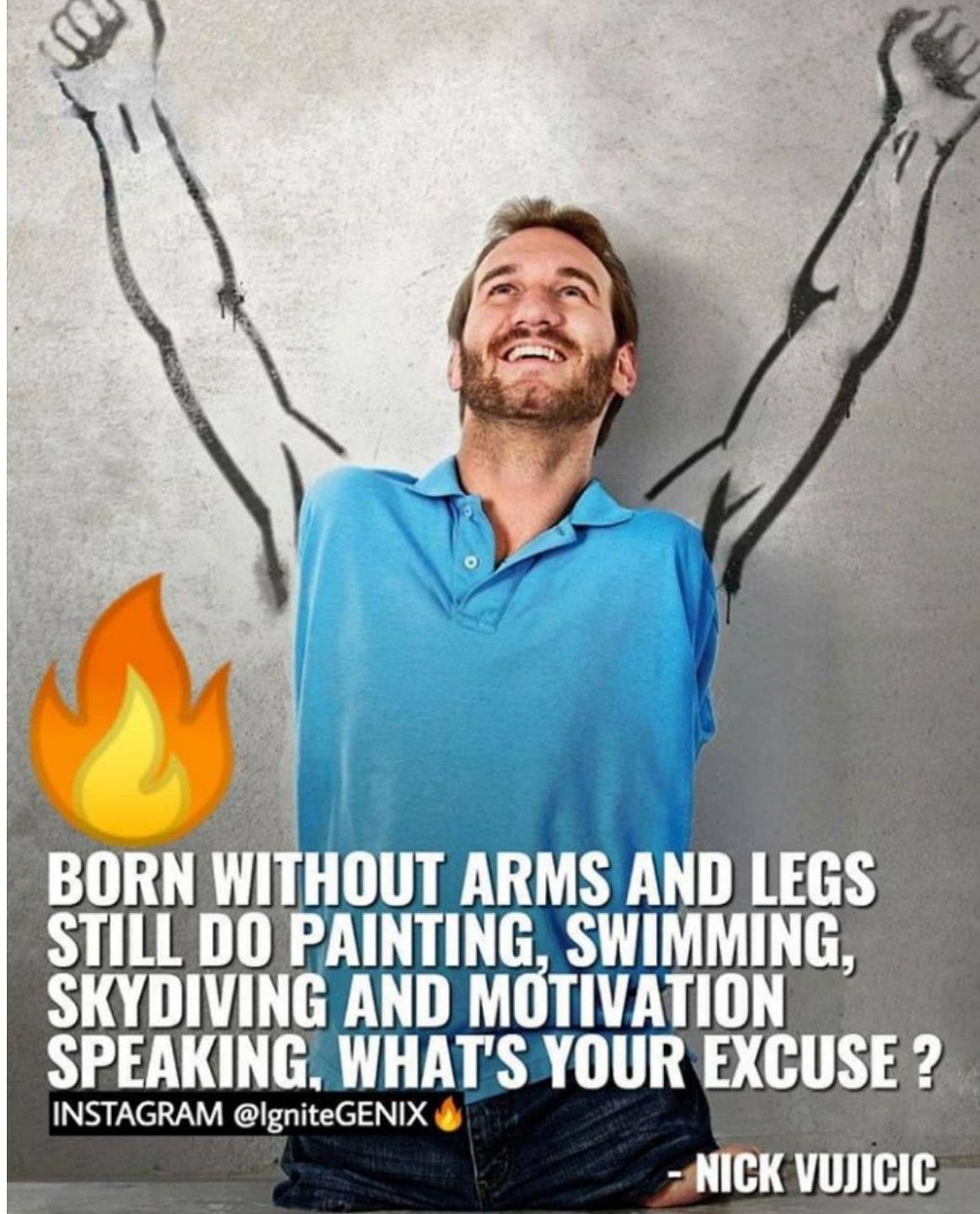
"Everything is temporary;  
emotions, thoughts, people  
and scenery. Do not become  
attached, just flow with it."





**Stress, anxiety, and  
depression are  
caused when we are  
living to please  
others.**

**-Paulo Coelho**



**BORN WITHOUT ARMS AND LEGS  
STILL DO PAINTING, SWIMMING,  
SKYDIVING AND MOTIVATION  
SPEAKING. WHAT'S YOUR EXCUSE ?**

INSTAGRAM @IgniteGENIX 🔥

**- NICK VUJICIC**

An open notebook with a black cover is held by two hands. The pages are white with faint horizontal lines. The text is printed in a bold, black, sans-serif font. The left page contains the text: "Don't close the book when bad things happen in your life,". The right page contains the text: "just turn the page and begin a new chapter.".

**Don't  
close the book  
when bad  
things happen  
in your life,**

**just turn  
the page  
and  
begin a new  
chapter.**





## DID YOU KNOW?

EVERYONE'S SAYS, **MISTAKE** IS THE FIRST  
STEP OF **SUCCESS** BUT THE **REAL FACT** IS  
**CORRECTION OF MISTAKE** IS THE FIRST  
STEP OF **SUCCESS**.

-Robert Downey JR





**When GOD pushes  
you to the edge of difficulty,  
TRUST HIM FULLY because  
two things can happen;  
either he'll catch you when  
you fall or he'll teach you  
how to Fly.**

**Amen!**

## Phrasal verb

## Meaning

● Carry on	→ Continue
● Pass out	→ Faint
● Pass away	→ Die
● Look for	→ Search
● Look after	→ Take care
● Hold on	→ Wait a short time
● Run out	→ Have none left
● Wake up	→ Stop sleeping
● Go back	→ Return to a place
● Give up	→ Stop trying
● Take off	→ Start to fly
● Run away	→ Escape

