20 THINGS TO STOP DOING IN 2020

1. Dreaming but not doing

2. Giving the negative too much time

3. Gossiping

4. Letting your mind wander freely

5. Spending too much time on social media

6. Saying offensive things online

7. Worrying about what others think

8. Breaking promises

9. Saying yes to everything

10. Shopping for entertainment

11. Buying things mindlessly

12. Buying fast fashion

13. Trying to change to suit a standard

14. Beauty treatments

15. Watching hours of entertainment everyday

16. Getting coffee in takeaway cups

17. Eating your feelings

18. Leaving a mess before you go to bed

19. Leaving tasks unfinished

20. Not getting enough sleep