- 1. Saying "No" to others
- 2. Declining a phone call
- 3. Sleeping in
- 4. Working toward goals of your own
- 5. Asking for your needs to be met
- 6. Spending money on yourself
- 7. Doing what is best for you, despite what others think
- 8. Removing someone from your life

8 Things You Should Not Feel Guilty About