



5 KEYS TO BECOME EMOTIONALLY INDEPENDENT



IDENTIFY YOUR NEXT MOMENT

Identify your next moment. It's important to know what you want. But is vital to know what you don't want. This gives you the energy to not settle and to move out of your comfort zone."



SELF LOVE

Our decisions are the best proof of our self love and our emotional independence. Before making any decision ask yourself: What do I want? and What's best for me? This will help you make decisions without trying to meet others' expectations."



ASSERTIVE BOUNDARIES

Setting boundaries protects your emotional space and prevents others from overstepping. Communicate your limits clearly and assertively to maintain healthy relationships.





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CREATE YOUR IDEAL FUTURE

Emotionally independent people go after what they want. They don't depend on others to give it to them.

It's time to build the future you desire. Start taking small steps to create your reality and set a deadline. You'll be surprised by what you are capable of creating.



EVALUATE YOUR OPTIONS AND PICK ONE

For each goal, there are several options. Evaluate which one suits best for you and chose it. Always accept that you have a role on changing your future.

FOLLOW ME NOW AND START TO BE EMOTIONALLY INDEPENDENT

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