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Break the Cycle: Habits That Are Holding You Back

We all want to live our best lives, but we don't always know how to achieve that. If you've found yourself in a slump, you may be sabotaging yourself in ways you don't even realize. If any of the following sounds like you, a life coach such as [Dr. T., Ph.D.](#) or a personal trainer can certainly help, but at least dropping these negative habits will likely improve your life in general.

Lousy Work-Life Balance

Unfortunately, the gulf between the demands of business owners and the values of their employees has been widening lately. Studies have found [anti-work](#) and work reform forums doubling in size over the last six months, pointing to the conclusion that we're more tired of our jobs than ever. If you find yourself struggling to find time for friends, family, hobbies, and self-care because of your job, reassess your career. In fact, you could even start your own business by looking into jobs such as copywriting and virtual assistance. There are plenty of different home business ideas that you can explore — find something that [appeals to you](#) and start researching everything you need to know about starting your own business.

If no matter how hard you try, your job still doesn't respect or consider your humanity, then the only thing keeping you there is the [sunk cost fallacy](#). It can be difficult to move on from a job you've put so much time and effort into, but most businesses put profit over employee morale and will not change to accommodate your distress. Moving on to a job with a more flexible schedule, better benefits, or in a field you prefer is often the only way to find fulfillment in your career.

Ignoring Your Health

When's the last time you went to the dentist? What about your last physical examination? Healthcare is expensive and inconvenient, but essential nevertheless. Don't let the [demands](#) of modern life keep you from getting the rest you

need to recover. Look into the best health coverage you're able to reasonably get and actually use it when you need to.

Most importantly, [call in sick](#) when you think you should. Many people take pride in never missing a day of work no matter how bad they feel. These people are more concerned with their own image than the comfort and safety of themselves and others. There's nothing impressive about hurting yourself and disrespecting others. They don't chisel your job attendance on your tombstone.

Putting Yourself Last

Some people find it easy to set their own needs aside in every situation and call that a sign of strength, but how many of those people seem happy to you? Going into work while you're sick or missing lunch to help out a friend move may make you seem more [reliable](#) to those around you, but when you're burnt out from nursing your cold for an entire shift or irritated and combative three hours into your famished friendly favor, will it be worth it?

You need to [allow yourself](#) to say "no" from time to time. You may feel that you're being a good employee, friend, or family member, but what's actually happening is you're sending a signal that you can be exploited and taken advantage of at the expense of your own happiness. The [people who deserve](#) to be in your life will recognize when you need a break and let you have it without a fuss.

When you find yourself in a rut in life, it's time to make purposeful positive changes. A change in how you think of your career is usually a good starting point, but the best general strategy is to always meet your own needs before addressing anyone else's wants.