

# The Checklist to Stop Being a Nice Guy

By Akshay Dhiman, for easique.com and you.

Originally, I wrote this checklist for myself, to remind me what to do and what not to.

If I were you, I'd go through this list at least once a week until it becomes my second nature. Because repetition is the mother of learning. It takes a few minutes anyway, not a big deal.

You can choose to do follow some, but I highly recommend that you focus on all of them.

1. My needs are always a priority, spending eighty percent of my time/money/energy on the things that benefit me only.
2. I spend a lot of my time alone.
3. I say "no" most the times. If someone really wants me to do something, I do it without expecting anything in return, unless it's my job and I'm getting paid.
4. If I don't like anything that others do, I immediately express myself on their face, irrespective of who they are and what they will think about me after that.
5. I make plenty of mistakes and don't mind if others know about it.
6. I don't put any woman on a pedestal. I'm a man, always superior.
7. My decisions/opinions are more important than anybody else's. It doesn't matter what others think
8. I make others do three times for me, if I do two times for them, maintaining the golden ratio of 3:2.
9. I only surround myself with high quality people, the ones who are more successful/smarter than me and/or are supportive of what I do.
10. I share my personal stories and express my emotions with the people who are there for me when the times are tough.
11. I spend time with my father and other male friends almost every day.
12. I can handle everything.

[Read the original post here.](#)