

SELF-IMPOSED

Meaning: Self-imposed refers to a decision or limitation that an individual voluntarily establishes for themselves.

1. She decided to take a self-imposed break from social media to focus on her mental health.
2. His self-imposed restrictions on spending allowed him to save for a much-needed vacation.
3. The artist thrived under self-imposed deadlines, finding that pressure sparked her creativity.
4. After years of indulgence, he adopted a self-imposed diet to improve his overall well-being.
5. The team faced self-imposed challenges during the project, striving for excellence with limited resources.

Source: sentences.whatistheurl.com

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