



What Do You Need To Let Go Of?

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- The things we hold onto, bear grudges or perhaps feel angry and hurt about cloud our mind and prevent us and/or our business from being the best we can.
- Letting go usually involves some form of forgiveness or acceptance before we can move on - whether it's yourself, someone else, a situation or even an unknown third party.
- The irony is that whatever you're holding onto, it's probably hurting you much more than it does anyone else.
- Letting go doesn't mean we condone a situation or behaviour, it's about lightening our load - because when we let go of whatever is bothering us we set ourselves free and get to reclaim that energy.
- You don't need to know HOW to let go, you just need to be WILLING.
- Finally, whether it's in you or your business, whatever you find it hardest to let go of is probably what you need to let go of the most...

INSTRUCTIONS: While you may not wish to do anything about these right now, just listing what you need to let go of here will raise your level of awareness and you'll naturally begin to loosen your grip. So, simply list below what you're holding onto, what slows you down, what riles you up and anything that gets in the way of you or your business being the best you can be...

What do I need to let go of?

How I benefit by 'holding on' *

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Just for a second, imagine letting go of everything on this list. How does it feel?

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What have I learned from doing this exercise?

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* Struggling to identify a benefit? There must be *some benefit* or you wouldn't be holding on. Ask yourself, "What do I gain by keeping hold of this?", "How do I benefit by things staying exactly as they are?" Do you get to avoid dealing with a situation, looking at what you really feel, or the hassle of making a change? Maybe you get to stay in 'the right' or avoid facing up to a hard truth?

TIP: If you need to let go of something YOU did, simply ask, "What do I need to do that will allow me to let this go?" Perhaps you need to make note of what you've learned, make some kind of amends, forgive yourself, apologise or find a meaningful way to make it up to yourself or someone else. While we can't change the past, we can make amends and learn from it.