

10 Ideas for Letting Go for the New Year

1. Let go of what isn't helping your soul smile and grow. – Life is to be enjoyed, not endured. Follow a path that moves you. You are always free to do something that makes you smile.
2. Let go of the baggage you know you need to leave behind. – As we grow older and wiser, we begin to realize what we need and what we need to leave behind. Sometimes walking away is a step forward.
3. Let go of feeling like you aren't making progress fast enough. – No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.
4. Let go of the idea that you have too much to lose. – In the end, you won't regret the things you've done nearly as much as the things you didn't do when you had the chance. I'd rather have a life of "OH WELLS" than a life of "WHAT IFS." Wouldn't you agree?
5. Let go of worrying about everyone else's opinions of your life. – When writing the story of your life, don't let someone else hold the pen.
6. Let go of your tendency to avoid problems. – You cannot change what you refuse to confront.
7. Let go of all your empty complaints. – If you don't like something, change it. If you can't change it, change the way you think about it.
8. Let go of the excuses. – If you really want to do something, you'll find a way. If you don't, you'll find an excuse.
9. Let go of lazy attitudes and routines. – You can't underestimate a person who always works hard. Be that person. In life, you don't get what you wish for; you get what you work for.
10. Let go of the idea that it's too late to start over again. – Remember, it's always better to be at the bottom of the ladder you want to climb than the top of the one you don't.

If you do not want to work on all ten at once, pick one and work on it. Then, maybe every few days, or in a week or even next month, work on another one.