What to Keep and What to Let Go

We are constantly refining ourselves. To become more present, it is important to consciously let go of the noise—the extra bits of information and worries and details that have no value or meaning for us. Sometimes that noise is an emotion we choose to carry around—anger, fussiness, frustration, yearning. These emotions may have a source, although the source itself may be just another figment of our imagination or a story that we created.

It is a gift to yourself, and a real step in growth, to be able to say to yourself, this week, I want to keep my deep sense of honesty and let go of worrying about the snow that may come over the weekend. This is an accomplishment! Worry is just wasted time creating scenarios about a future that may or may not happen.

Fill in the table for this weeks Keep and Let Go

To Keep	To Let Go