

## FOR SALE

What are you selling, or should you sell?

To move forward, to change, and to grow, sometimes we have to let things go to make space for the new. Time and space are both needed before the new can come to you.

For years I had wanted a wooden schooner. It's not the type of bucket list item that many want, easy to find, but hard to sell. At the same time, I truly wanted one, it was an important bucket list item for me. So, I bought one.

The boat was perfect for me and she taught me. I have enjoyed her immensely. Then, one morning, I woke realizing it was time to sell the schooner. The lessons had been learned, and it was time to move on. That said, she is still great and, while for sale, I still greatly enjoying sailing her and will do so until she is sold.

So, why sell something I enjoy? Sometimes it is time to move on. We can let go of something we enjoy when there is more to come, more adventures to enjoy. We will always have the memories, the stories and the pictures.

For me, the same was true with a ski condo in New Hampshire. We loved it and looked forward to going. After ten years, the four hour drive up and four hour drive home on the weekends became too much. We sold the condo we loved and now we go west skiing to a new place each year. Sure, we miss the condo, but we sure do enjoy our ski trips to new and different places.

There are two sides to the issue of selling something. It's the release of what you have. But, it's also the making room for the new. It's the excitement of the new, the change, and the adventure that spurs you on to make the sale and make the change.

Your gut will tell you when it's time. Your gut will tug at you. Or, you'll see something and, poof, you feel it and know it's right for you. Knowing that, if you get that feeling, that knowing, follow it. Too often in life people don't and then they regret it.

Embrace change as change is also growth. Embrace what your guts tells you is right for you to do. Dare to move forward. Dare to do what you know is right for you.

There is a balance between what you never sell, what is always part of you, and what needs to change. If you listen to yourself, listen deeply, you will know the difference. When the house or the boat or whatever it is becomes more work than pleasure, it's a sign. It might be time. When the item is draining rather than fulfilling, it's a sign.

It's not about right or wrong, nor about what others think. It's about what is best for you, at this time. Only you know the answer to that. Only what you know counts. Follow what is right for you. Move forward. Embrace. Enjoy. Expand.