

## LET GO

### Let Go. Release and let go

Why do we hold on so tight? Gravity will hold us. When we die we lose our grip. The world goes on. Life continues without us. What we do is done by someone else or not at all. Somehow, someday, it all works out.

Why do we carry the weight of the world on our shoulders? Isn't life to be a great adventure? Who said we came to solve all the problems of the world?

Let's face it, if we can control ourselves we've accomplished something great. We also have to face the fact, we can't control others. Sure, we may be able to force someone temporarily, but not long term.

Why do we feel we are irreplaceable? Why do we feel we are the only ones that can do it? Is it true? No, it's not true. Some can do certain items even better than we can. Some things we do we need not do. They can be done by someone else, they should be done by someone else, or they need not be done at all.

Let go and get a life. Let go and relax. When we let go, it's like peeling an onion. We let go layer after layer. Letting go is liberating and feels like the weight of the world is taken off our shoulders.

Let go of what is not part of your unique ability. Let go of trying to control your family. We need to agree on the guidelines and then self-monitor. That works for a family as well as for a business.

We control, or think we do, ourselves. Why should others not do the same for themselves. They can grow and develop the skills if we let them. They'll appreciate it more, and you'll get time and space.

When you are exhausted, there are not enough hours in the day, and can't reach your goals, it's time to let go. Let go, feel better, and you'll create the time for that which is the most important.

Letting go is not easy. Letting others self-manage might well be to first watch them fail and then, trying and trying, they will gain self worth, learn to do it, and fly. They will feel better about themselves, and you will feel better about them as well as about yourself.

Let go of those items that are not important to your life goals. Let go so that you can do a better job on the important items. Let go so that you can have the time and space to do what you truly need to do.

Let go so you can have a life. You are here to create, to leave the world a better place, and to give back. Doing these things should not preclude you from having fun and enjoying life at the same time.

Let go. Get a life. Enjoy life. Do what adds value. You have the time and space, if you just let go of that which you don't need to and shouldn't be doing.