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# Releasing That Which Holds Us Back

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## Releasing That Which Holds Us Back

December is when many people think about what they want to accomplish in the coming year. Often, I have written articles dealing with goal setting, strategic planning and outcomes processing. Specifically, what needs to be done in order to achieve your dreams and goals? What are the steps one needs to take? What must you add to your life in order to achieve a desired outcome?

Reflecting on conversations I have had with various individuals over the years, I realize often it is not so much what they needed to do, or add, in order to achieve something. Rather, what they needed to let go of.

Thinking about what it has taken to achieve some of the outcomes in my life, I clearly see that there were countless occasions that in order to achieve a result, I did in fact have to let go of certain thoughts and actions.

Interestingly, this is contrary to what we may have been taught about achievement. And yet, think about an accomplishment you have had at some point. Perhaps it was getting a degree. Maybe getting to your ideal weight. Or, paying down a credit card to a zero balance.

With the degree, did you not have to give up certain behaviors that could have been a distraction? Behaviors like watching television instead of studying?

With getting to your ideal weight, did you not have to give up to old image of who you were? Additionally, there were foods you definitely had to be willing to let go of.

With the credit card, perhaps you had to give up the spontaneous meals out or the shopping sprees that felt good for a short period of time until the bill arrived.

Whatever plans you have to improve your life over the coming year, one important key is to know why you want to achieve the outcome. What will getting the degree, reaching optimum weight, paying down the credit card, or any other goal you have get you beyond the obvious? Then you must decide what you are willing to do to reach your outcome. But more importantly, what are you willing to let go of to achieve your outcome?

Ultimately, it is up to you. You decide. You take the action, or not!

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