

What Does It Mean to "Let Go of What Doesn't Serve You"?

Life is a journey. It starts with a childhood where you learned to interact with others on the playground and share your favorite toy. Soon, you move into young adulthood with its vast emotional attachments and desire for independence. Next, you are headed into full-blown adulthood with all the trimmings – jobs, relationships, kids, mortgages, and debt.

In each stage, you have relationships and belongings that you love and others that you don't need. Finally, you find yourself old and wondering what in the world happened?! The key is learning to let go of what doesn't serve you and keep what does.

Learn what It Means to Let Go of What Doesn't Serve You

The phrase is across the Internet, but what does it mean, and how can you apply it to your circumstances? It all begins by understanding what the term 'serve' means. Once you know that, you are in a fantastic position to release and hold only what makes a quality life:

- **Definition of Serve:** Generally speaking, to serve is to be useful or to be of use. Your server at your favorite restaurant is of service when they bring you that delectable platter of food you've been craving.
- **Determining What No Longer Serves You:** This looks different to everyone. Look for what makes you doubt who you are or want to become. Think of those items or relationships that drain you mentally, emotionally, and physically.
- **Examples:** You might think of these things in categories:
 - a. **Internal:** This category includes your belief system, values, goals, duties, and obligations.

- b. Behavioral:** What habits, hobbies, commitments, or other pursuits are eating up your life?
- c. Physical:** These can be as simple as clutter in your home to the vacation house you never seem to use because you have to work all of the time to afford it.
- d. People:** You might find this the most challenging category because it could mean looking at relationships. There are also the roles you hold, groups you are part of, and connections you've made.
- **Where to Start Letting Go:** It is helpful to start with a brainstorming session. Next, take a category and decide the steps you need to take, then go for it! Go through each type and write down everything you believe has stopped serving you.

Let go of those people, items, or emotions that stop you from moving forward toward your goals.