



## **Declutter Your Mind, Release & Let Go! Top 10 Things to Remove in 2017 to Excel in 2018**

It's the end of the year and time to declutter and let go of the unwanted things that may be holding you back from being a peak performer. Letting go of the unwanted things makes you feel lighter, happier and more productive so you can achieve success. Here are 10 things to let go of in 2017 that could be holding you back:

### **1. *Mindlessness***

Have you been feeling less focused, thoughts scattered or moody and reacting to events and that causes you stress. This occurs when you have little control over your mind and thoughts. To create mindfulness, try this technique. Sit in your chair or on the floor with your back straight and place your hand over your heart or chest. Take a nice deep breath and imagine it filling up your heart of chest and hold it for a count of 5. Next time inhale for a count of 5, hold for a count of 5 and then release for a count of 5. Also, introduce thinking of a thought that brings you joy or happiness.

### **2. *Regrets and Mistakes***

Holding onto regrets, mistakes or past failures is like carrying a heavy backpack around. It weighs you down and prevents you from moving forward. Take a moment to think about them and then if there is any learning to take away keep the learnings but let go of regret and/or mistake. Everyone makes mistakes and some of those produce great learning for better results. Write down the regrets and mistakes on a piece of paper then take a lighter or match and burn it to release them.

### **3. *Mental Clutter***

What thoughts or self-talk fill your mind each day? Do you make statements such as "I'm not good enough", "I can't" or "Why bother" or



mental chatter and overwhelm? If your head is full of negative thoughts and mental chaos that will zap your energy and affect your productivity. Develop power statements and rituals that can clear your mind and energize you. If you need a boost or redirection make a power statement like “I can” or something to remind you to charge ahead plus take a moment to relax, meditate, journal to clear your mind.

#### 4. **Burn out**

Everyone can experience burn out and it creates disengagement which can affect all areas of your life. It can show up as exhaustion, inefficacy and constant doubt. One tip when burn out sets in is to allow yourself some time to recharge. Sometimes it means walking away from things and taking some moments to just be and relax. Go for a walk, take a time out and just breathe.

#### 5. **Other People’s Expectations of You**

There is a saying that says “What other people think of you is none of your business” and I live by that. Some fall into the trap of aiming to live to meet the expectation of others be it family, friends or co-workers. Those expectations are set by them not you. Take charge of your own personal expectations. What do you want? What do you expect from yourself? Those are the standards you should live by.

#### 6. **Perfection**

Many strive for perfection and I ask what is perfection and who sets it? If perfection exists where is room to learn and grow. Set standards that are achievable and realistic and be okay with doing the best you can with the resources you have. Make this year about “good enough” not by lowering the standards but being comfortable with your results when the effort is made.

#### 7. **Inauthenticity**

Do you show up as you or who you think you should be? Being yourself is not easy for some because it may require you to be vulnerable. When you show up in life as yourself it opens doors and opportunities.



#### **8. Performing without Intention**

Many times people just show up at meetings, performances or gatherings without an intention. When you set an intention for your day, work, performance it gives more purpose and meaning to it and produces better results. If there are things that you'd prefer not to attend, then learn to say "no" and dedicate that time to something more productive and rewarding.

#### **9. Energy Draining Relationships**

Review your relationships and determine which ones drain your energy and hold you back. Know what you value and what your objectives are and surround yourself with people that support them. Develop high quality relationships that are based on respectful engagement, trust, common ground, consideration, predictability, transparency and for me I like to add fun.

#### **10. Unhealthy Habits**

This could be many things like overindulging with food, alcohol, surfing the internet wasting time? It also could be the things mentioned in this list. Review the habits in your life and select ones that you want to change. Change is not always easy but the benefits and results are so worth it. Write down new habits and introduce them daily to imprint in your mind and life. Repetition and practice installs new habits into your unconscious mind so that it becomes part of who you are and happens automatically.