

15 Things to give up.

1. Give up your need to always be right

There are so many of us who can't stand the idea of being wrong – wanting to always be right – even at the risk of ending great relationships or causing a great deal of stress and pain, for us and for others. It's just not worth it. Whenever you feel the 'urgent' need to jump into a fight over who is right and who is wrong, ask yourself this question: *“Would I rather be right, or would I rather be kind?”*

2. Give up your need for control

Be willing to give up your need to always control everything that happens to you and around you – situations, events, people, etc. Whether they are loved ones, coworkers, or just strangers you meet on the street – just allow them to be. Allow everything and everyone to be just as they are and you will see how much better will that make you feel.

3. Give up on blame

Give up on your need to blame others for what you have or don't have, for what you feel or don't feel. Stop giving your powers away and start taking responsibility for your life.

4. Give up your self-defeating self-talk

Oh my. How many people are hurting themselves because of their negative, polluted and repetitive self-defeating mindset? Don't believe everything that your mind is telling you – especially if it's negative and self-defeating. You are better than that.

5. Give up your limiting beliefs

Give up your limiting beliefs about what you can or cannot do, about what is possible or impossible. From now on, you are no longer going to allow your limiting beliefs to keep you stuck in the wrong place. Spread your wings and fly!

6. Give up complaining

Give up your constant need to complain about those many things – people, situations, events that make you unhappy, sad and depressed. Nobody can make you unhappy, no situation can make you sad or miserable unless you allow it to. It's not the situation that triggers those feelings in you, but how you choose to look at it. Never underestimate the power of positive thinking.

7. Give up the luxury of criticism

Give up your need to criticize things, events or people that are different than you. We are all different, yet we are all the same. We all want to be happy, we all want to love and be loved and we all want to be understood.

8. Give up your need to impress others

Stop trying so hard to be something that you're not just to make others like you. It doesn't work this way. The moment you stop trying so hard to be something that you're not, the moment you take off all your masks, the moment you accept and embrace the real you, you will find people will be drawn to you.

9. Give up your resistance to change

Change is good. Change will help you move from A to B. Change will help you make improvements in your life and also the lives of those around you. Embrace change – don't resist it.

10. Give up labels

Stop labeling those things, people or events that you don't understand as being weird or different and try opening your mind. Minds only work when open.

11. Give up on your fears

Fear is just an illusion, You created it. It's all in your mind. Correct the inside and the outside will fall into place.

12. Give up your excuses

Send your excuses packing and tell them they're fired. You no longer need them. A lot of times we limit ourselves because of the many excuses we use. Instead of growing and working on improving ourselves and our lives, we get stuck, lying to ourselves, using all kind of excuses – excuses that 99.9% of the time are not even real.

13. Give up the past

It's hard to give up the past wither it be good or bad. The present moment is all that you have. Be present in everything you do and enjoy. Have a clear vision for the future, prepare yourself, but always be present in the now.

14. Give up attachment

You can detach yourself from all things. Attachment comes fear or lack.

15. Give up living your life to other people's expectations

Many people live their lives according to what others think is best for them, they live their lives according to what their parents think is best for them. They ignore their inner voice, that inner calling. They are so busy with pleasing everybody, with living up to other people's expectations, that they lose control over their lives. They forget what makes them happy, what they want, what they need...and eventually they lose themselves. You have one life – this one right now – you must live it, own it, and especially don't let other people's opinions distract you from what you should be doing.