

Live Well Lifestyle Teleseminar

Recap & Recording

July 17, 2014 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Letting Go Of What No Longer Works

My Intention Today: To identify what no longer serves me. In relationships, thought patterns, beliefs and material stuff, and get rid of the clutter. Garbage Day!

1. Take an inventory.
 - a. Make a list of what is working and what isn't. What's bothering you?
 - b. What can be changed or let go of that is not working?
 - c. What or whom are you hanging on to and why?

Illusions that keep us hanging on.

1. They need me.
2. I need them.
3. I should keep it because it belonged to a relative or loved one.
4. I may need it in the future.
5. A good friend gave it to me.

Sorting stuff. Make three piles. Label them: 1. Pure Garbage, 2. Recycle, 3. Find a new home.

Ask:

Is this serving me now?

Is this thing or person aligned with my values?

Does it bring me joy?

Have I used or worn this in the last 6 months?

Ask each item. Where do you want to go?

HAVE FAITH:

The only way to build faith is to act without knowing the end result. If you could see the finish line you'd understand why things happen as they do. For now, you'll need to keep the faith and trust that if you pay attention and stay committed to taking the actions that will make a difference; you'll end up exactly where you're supposed to go. Stay in the game -- the finish line may only be a moment away! Excerpts from Cheryl Richardson's book "Stand Up for Your Life: Develop the Courage, Confidence, and Character to Fulfill Your Greatest Potential"

Success Steps:

10 HINTS FOR SUCCESSFUL LIVING

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop," the devil's name is Alzheimer's.
4. Enjoy the simple things. When the children are young, that is all that you can afford. When they are in college, that is all that you can afford. When you are on retirement, that is all that you can afford!
5. Laugh often, long and loud. Laugh until you gasp for breath. Laugh so much that you can be tracked in the store by your distinctive laughter.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be

alive while you are alive, don't put out a mailbox on the highway of death and just wait in residence for your mail.

7. Surround yourself with what you love, whether it is family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Go to the mall, the next county, a foreign country, but not to guilt country.

10. Tell the people you love, that you love them, at every opportunity.

AND ALWAYS REMEMBER Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Wisdom To Let Go

**To let go is not to stop caring
It is recognizing I cannot do it for someone else.
To let go is not to cut myself off,
It is realizing I can't control another.**

**To let go is not to enable, But to allow learning
from natural consequences.
To let go is not to fight powerlessness,
But to accept that the outcome is not in my hands.**

**To let go is not to try to change or blame others,
It is to make the most of myself.
To let go is not to care for, it is to care about.
To let go is not to fix, it is to be supportive.**

**To let go is not to judge.
It is to allow another to be a human being.
To let go is not to try to arrange outcomes,
But to allow others to affect their own destinies.**

**To let go is not to be protective,
It is to permit another to face their own reality.
To let go is not to regulate anyone,
But to strive to become what I dream I can be.**

To let go is not to fear less, it is to love more.

Gerald G. Jampolsky

Closing Thought:

"The Secret of Change is to focus all of your energy, not on fighting the old, but on building the new." Socrates

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