

I let go

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I realize that I can let go to a greater extent than I have in the past. I recognize that I could “just let it flow” more often.

I am learning that, when I have done all I can in a situation, it is best to just let go - let go of any attachment to the outcome and know that things turn out for the best.

I realize that it is easier for me to control things than let them go. I am working on that. **I give myself permission to let go.**

The older I get, the more I recognize that there are many things at play. Sometimes, I just need to be patient and allow things to move at a slower pace than I am comfortable with. I am learning patience.

As a leader, I am learning when to delegate. Even if I know I could do a better job, I need to allow others to step up. I am learning to let go.

I realize that sometimes it is best to let it be as it is. **I recognize that sometimes I need to step back and let others shine.** I am letting go of the reins and allowing

someone else to drive.

When I see this as an opportunity to create new leaders, I can let go and relax. I know that it is their time to prove themselves. I support them in their growth. Like a good parent, I encourage my babies to walk. I know it is going to be okay.

Today, I practice letting go, and I find peace in the process.

Self-Reflection Questions:

1. Where could I let go more?
2. Where could I allow things to flow more easily?
3. Who could I cultivate as a young leader to fill my shoes?