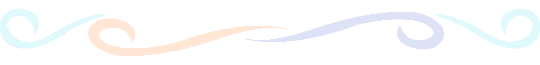
**Letting Go**



One of the most important traits a happy person has is the ability to let things go. When things upset them, they address the issue and then let it go. Rather than aiming for perfection, they strive for excellence. Let's look at how you can do this.

**Simple steps to letting go when you are upset:**

1. Acknowledge the problem
2. Examine why it has upset you so much
3. Look at it from both sides so you have a better understanding of the whole picture
4. Share your feelings with the other person
5. Don't act like the victim
6. Don’t make excuses for your side of things
7. Fix the things that you have control of
8. Accept if it's something out of your control
9. Every situation has a positive point, something you can learn from. Find it.
10. Once you've done all you can and accepted it's now out of your control, let it go. Don’t dwell on it.
11. Forgive the other person
12. Apologize for any hurt feelings or pain you caused

**How to let go of perfectionism:**

1. Practice patience with yourself. This is not going to be easy.
2. Indulge in some self-compassion. Be kind and understanding to yourself, the same as you would another person.
3. Stop trying to please everyone. Your worth is not based on how perfect you are.
4. Don't think of yourself or others as being perfect. Nobody is perfect.
5. Strive for excellence instead of perfection. You can be great at what you do without it having to be perfect.
6. Ask yourself if your expectations are reasonable. Would you expect this from others?
7. From relationships to your career, nothing has to be perfect. Accept that it's okay to not be perfect because you're still doing an excellent job.
8. When necessary, ask for help. You don't have to do everything, and many people would be happy to help you.
9. Learn to enjoy the experience as much as the results.
10. Journal your daily accomplishments, whether they were perfect or not.
11. Relax. Everything will be fine even if it isn't perfect.
12. Stop trying to live up to other people's expectations, especially if they are unrealistic.
13. Take other people's opinions of you with a grain of salt. It's your opinion of yourself that matters most.