

A woman with long blonde hair, wearing a white, long-sleeved dress with lace detailing at the hem, stands in a field of dry grass. She is looking upwards, and several sheets of paper are flying through the air around her. The background shows a line of trees and mountains under a clear blue sky.

You Can Step Into Your Amazing You

**6 Steps to let go
of the old**



You Can Step into Your Amazing New

6 Tips to Let Go of the Old So You Can Step into Your Amazing New

Have you ever felt in your life that you were living in a way that was “outdated” from the desires of yourself?

So often we have visions of the new. Our new life, our new business, yet we are holding on so tightly to the old there is no room for the new to enter or to take form. It is like trying to drag along our old life with us when it just doesn't fit anymore. And this actually can block the new from being able to come into full form in our life.



Here are 6 Tips to Let Go of the Old So You Can Step into Your Amazing “New”

1. **A great first step is clearing out physical clutter**, physical clutter is the top form of clutter everyone has. Related to your business, what are the business books, courses, cd's that need to be released. **Maybe you have already learned and integrated what the material was teaching OR the material is now outdated.** In either case be willing to let go of it– trusting this will open up a new space for new ideas, new visions that match more where you are going.
2. **What activities in your life need to be released to make room for the new?** It could be personally or professionally. Is there an aspect of your



business that you need to let go of to make room for the new direction you are going in? Is there a social activity that doesn't seem to fit you anymore and you need to say no to it to make space for one that is supportive of your new life direction?

3. **Are there people that need to be released that aren't a match for where you are going?** Does your business or social circle need to shift to be more aligned with where you want to go? **Do you need to let go of people who are negative and limited in their own life visions?** It doesn't mean you have to fully let go of a person but maybe the amount of time that you spend with them needs to be adjusted. You will be with people that you admire, that motivate you, and support you with drive and energy.
4. **Are there behaviours of yours that need to be released for you to step into your highest vision?** Do you need to let go of your procrastination? Do you need to let go of your undercharging for your services? (Really look at this one and stop undervaluing yourself). **Do you need to let go of some less than ideal clients to make room for your ideal clients?** Are you seeking your ideal clients? Do you need to stand up for yourself in your relationships to make sure you are treated in a way that is in alignment with a high valuing of you and your vision?
5. **Do you need to let go of things in your environment that don't match where you are going?** Do you live in a physical space that inspires you and allows you to grow? Do the things around you match where you are going or represent more of where you were and who you were in the past?
6. **Do you need to let go of "old" perceptions and ideas of who you really are?** When we step into the new visions in our life and business, we are stepping into a new identity of who we are. Are you able to let go of the old ideas of who you really are, what you really deserve— so you can be more aligned with the NEW that you are bringing forth in your life?



It can take a great deal of courage to release what you have known, the comfort of old patterns, ways of being and self-identity.

But as you free yourself of these you are free to step into your truest spirit and truest vision—the person and life you are destined to be living now!