



turning potential into performance

2010, can you believe it? Are you ready? I'm not sure, to be honest, though 2010 looks to be a year of exciting possibilities. However, I do know that first I need to do a sort 'n sweep and 'let go' of 2009. How about you?

Given our collective tendency to get right to business, together with this annual push of creating new years' resolutions, well, it's easy to get caught up in fast forwarding ourselves right into the next decade of this century 21. I'm as guilty as anyone on this front.

Yet, before we hurtle into 2010 we'd all do well to sort through 2009, examine the connections made and lessons learned, and consider practicing letting go. You see, we've got to admit that carting around old baggage--in the form of worn out attitudes or recycled moods (however warranted it seems to complain about the impact of this past years' economy or how that personal experience earlier colored the past XXX months)—takes us out of the present moment, weighing us down.

"Letting go" is a core tenet of mindful awareness practice; to resist letting go taps our energy and takes us out of the actual moment we're living in. Letting go is akin to making a clean break, allowing life to be *as it is* vs. what we hold it should or ought to have been. When we're able to catch ourselves being ourselves, that is grasping at what we think **should** have happened and/or pushing away what we don't want to see, we can remind ourselves to *let go on purpose—at this moment--* just to see what actually does happen when we well, let go.

Bring to mind something that you'd like to let go of from 2009. Bring it to mind, notice the situation, the people involved, how you felt about it all; spend a few minutes reviewing it in its entirety. Now, with a deep in-breath to settle yourself in the moment, exhale and let go of it—literally watch the image of it vanish before you.

How did letting go, just now, impact you? Are you any lighter? Did it cost a lot? What about your mood, how is it now? Your choices? Actions?

Think of letting go as a key to this next year, the one right around the corner this week. What do you need to let go of from 2009 that will allow you to move forward fully into 2010?

If you want to live into a full and vibrant 2010, spend some time in the upcoming days making sure you're really done with 2009. Check out "A Year in Review," an exercise to help you review 2009.

Here's to a full 2010!