

Make Room for the New

Many of us live very cluttered lives. Our lives are so packed with “stuff” that we are not able to give anything the attention it deserves. We commit to activities that add no real value to our lives. We are extremely busy, yet we have very few tangible results to show for our efforts.

Even worse, our lives are so overloaded that we are not able to recognize new and exciting opportunities. We become so engrossed in our old routines that when opportunities knock on our door, we are too busy to notice them. As long as our lives remain filled to the brim, we won't have the capacity to embrace new things. We must let some things go in order to create some space.

Be warned...letting go can be difficult. Much of what we do has become habit. We've done things for so long that we are practically *addicted* to doing them. Relinquishing those activities will require lots of wisdom, patience, and strength.

We must take inventory. We must identify and eliminate the activities in our lives that take our energy and time, but add no real value in return.

There are new things *waiting* to come into in your life. Clear out some of the clutter in order to make room for new!

***“Some people think it's holding on that makes one strong –
sometimes it's letting go.”***

- Hermann Hesse