

LETTING GO: THE NEED TO PROVE YOURSELF

There is something very empowering about letting go of this need.

These are some of the benefits you are likely to feel:

- There will be less of an emotional investment in others liking you.
- You will find yourself not having to make excuses – or defend yourself, for that matter.
- You will have a lot more energy just to get on with the things you really enjoy doing.
- A whole new world of choices will open up for you because you will start to choose to do things for yourself instead of for other people in order to get your positive strokes.
- People will find you more relaxed, far less needy, and a pleasure to be around because you won't be stressed and miserable. A big bonus to all concerned!
- You will begin to enjoy your own company and discover that you quite like who you've become now that you've dropped the drama that goes with proving yourself to the world.
- Your self-esteem will increase by doing things for yourself rather than needing the approval of others.

