

# The Stylist You Envision

## Letting Go of What Holds You Back:

*Moving forward means letting go of the past. We can be grateful for what we've learned and gained from the past. However, staying in it and wishing to change it, or remaining resentful for many years, will stunt your personal growth.*

**There are many things you can move on from.** In order to best glide forward and reach new heights of happiness and success, there are people to forgive, fears to move on from, and negative people to let go of. You can even let go of yourself and forgive yourself. Set yourself free from all of these things.

## Letting Go of Resentment:

Resentment is one of the heaviest things you can carry with you. It limits genuine freedom. People can be unjust and hurtful. You never have to be okay with what anyone has done. When someone has done something to hurt you or someone you love, you're allowed to be angry.

The fact is, what happened is what happened. That is the first step to forgiveness. Practice radical acceptance. Begin by acknowledging that the reality is indeed the reality. Acknowledge it mindfully, without judgment.

All you need to say is, "yes, this happened." This is acceptance. **Acceptance does not mean that you're okay with what happened.** Acceptance will enable you to move forward from resentment.

Once you've come to acceptance, you can begin the process of forgiveness. Despite how you may feel, forgiveness does not require the person you're upset with to do anything.

**Forgiveness is all about you.**

As with all things, forgiving becomes easier with practice:

- First, write down your resentments in a list. Begin with the people who are easiest to forgive, and work from there.
- When a person comes up who you want to forgive, you can take a deep breath and silently say to yourself, "I forgive you." While you're doing this, release tension in your body and allow yourself to relax and feel the resentment leaving.
- You will need to do this process for some people multiple times



*Forgiveness is powerfully beneficial and will make your life more joyful and rewarding.*

## Letting Go of Fear:

Most fears are imaginary. They are stories we tell ourselves about who we are and what is going to happen. As creative designers we tell ourselves stories about how we will not be able to satisfy this Guest. Or "every time I do this service it never turns out".

When you feel fearful of the future, you keep yourself from achieving your fullest truth. You have learned fear. At some point, fear was served to you. Of course, there are rational fears. The fears to let go of are the ones you think of when you think of what fears are holding you back from being truly you.

When you imagine your fullest self...

- What fears have you shed?
- What fears are long forgotten? It's helpful to visualize yourself feeling this freedom. These feelings will motivate you to make your fullest life a reality.

When you find yourself feeling fearful, observe and name that fear. Use your rational mind to understand what fears are coming from your ego.

Observe the moments when you feel fearful. Then, watch what you do in response to that fear. Begin working on remaining open during these times of fear. Instead of closing off and going back into your shell, see what it's like to remain open even in the face of fear.

You have much courage within you. When you feel fear creep in, name it, sit with it, and release it. Being mindful in these moments is essential. Bring yourself to the present moment. Breathe in your courage, exhale your fear. Imagine the fear leaving your body and leaving you only with greater courage.

***"It is import for you to realize that you are allowed to let go and move on from any fears and doubts that you have in your life."***

Stay tuned for information on Letting Go of Negative People...

