

One of the most important traits happy and successful people have is the ability to let things go. When things upset them, they address the issue and then let it go. When they find themselves caught in the paralysis of perfection, they let go and strive for excellence instead. Here are a few simple steps to let go of upset and perfectionism.

### Simple steps to letting go when you are upset:

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#### **(1) Acknowledge the problem.**

Examine why you are upset. Consider what triggered this response. Is it an unmet expectation for yourself or for others? Is it due to a broken promise? Is something being triggered from the past? Make sure you take the time to look at the problem from all sides so you have an idea of the whole picture, and not just your side of the story. Do your best not to ignore the upset – but to deal with it head on. You may find it helpful to write about why you are upset to really work through the problem.

#### **(2) Communicate with those directly involved.**

If the problem you are experiencing directly involves another individual (or individuals), schedule a time to work through the issue. Communicate your experience calmly. Share what happened and how it made you feel. Note: make sure you own any part on your end that may have contributed to the conflict. Most importantly, make sure you open the floor for the other party to speak AND that you listen intently. Try your best to practice compassion. Forgive the other person for hurt they caused, and apologize for any hurt you may have caused as well.

#### **(3) Address what you can control and accept what you can't.**

When we are hurt or upset, it is often easy for us to feel like the victim. But allowing this feeling to take over robs us of any power we actually have. It is important to address where you can make changes to be reminded of your power. Additionally, it is important to accept the things you do not have control over in order to relinquish a false sense of power that will only produce stress.

#### **(4) Learn and let go.**

Life is full of lessons and opportunities to learn. Especially in moments of upset and conflict, we can find power in our ability to find the lesson and use it moving forward. Dig for the positive, learn what you can, and then, finally, let go!

## **Simple tips for letting go of perfectionism:**

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### **(1) Strive for excellence vs. perfection.**

Perfect does not exist, but excellent does. You can be great at what you do without having to be perfect. Strive to always do your best work and keep in mind that doesn't mean perfect. No product is perfect, and no person is perfect. The sooner you accept that, the sooner you get back to producing excellent results.

### **(2) Focus on yourself, not on what others think of you.**

You will find personal freedom the day you stop trying to live up to everyone's expectation of you, especially if they are unrealistic. Your worth is not based on what others think of you, or how perfect you are in their eyes. Go to others for constructive feedback when you need it, but always remember that at the end of the day your opinion of yourself is what matters most.

### **(3) Practice self-compassion and patience.**

Practice patience with yourself, the journey is often not an easy one. Practice self-compassion. Ask yourself, "Are my expectations realistic?" "Would I expect this from others?" Think about someone you love unconditionally and think about how you would talk to them if they were in your situation. Be kind and be gentle with yourself. This will help you get back into action.

### **(4) Learn to enjoy the experience as much as the results.**

A great way to acknowledge your journey and progress is to write down your accomplishments along the way. Make note of your progress and your growth. Learn to celebrate your successes. Also, be sure to give yourself permission to relax!

### **(5) Ask for help.**

Remember you are not alone in your journey. Consider all of your resources and connections. Ask for help. You don't have to do everything. Reaching out for help may provide someone with an opportunity they've been waiting for.

## **Remember - letting go is a practice.**

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Letting go of upset and perfectionism is a practice that becomes easier over time. Many of us were engrained with unhealthy ideas of how conflict resolution should look, and unhealthy beliefs that perfect is a result we can attain. Have grace with yourself as you practice breaking down these belief systems, and do your best to look at upset and unmet expectations as an opportunity to learn.