

# Letting Go is the Way to Empowerment

Believe it or not, there's a lot of power in letting go and moving on – it's the key to empowerment. I know it doesn't necessarily feel like it. When something doesn't work out the way we want it to, we tend to focus on what has happened in the past – what went wrong.

You may be thinking that if you were to keep dwelling on what happened, maybe you will be able to figure it out. Maybe with enough contemplation, things would fall into place and you would see the rhyme and reason for the negative things that happened in the past.

Well, let me ask you a question. I bet this is not the first time you've thought this way. In fact, this is probably the thousandth or hundred thousandth time you've entertained that idea. What happened with the previous days when you thought this way? How about the day before that?

The truth is, focusing on the past is not going to help you one bit unless you look for the lessons and learn from your experiences. Life can be pretty challenging – but it's the challenges that create growth and development!

If you are completely honest with yourself, you would understand that even though seemingly bad things happened in the past, your life is not a complete disaster. In fact, often the biggest challenges result in our biggest leaps forward and looking for the gift in every experience is the key to evolving into a higher version of yourself.

Sure, you may be frustrated in certain areas of your life. Welcome to the club. Nobody's immune to this. This is part of the package deal of life.

You have to understand that despite your frustration, and disappointment with certain areas of your life, there are areas where you achieve great results. You just need to have a clear map of your life. If you did, then you would quickly realize that it's not completely bleak. It's not all black with no bright spots.

In fact, if your life is just like most other people's lives, there will be lots of dark parts, but there will also be bright spots here and there. Discover these. Understand that these areas of light are areas of achievement in your life. Isn't that a cause for celebration? Isn't that something to feel good about?

Focus on these, learn the lesson from the challenges and let go. Focus on the fact that you have been successful in your life. Given enough time, the areas of achievement in your life will grow. Believe me, success will not increase if you don't focus on your gifts, talents, and achievements. As the old saying goes, "Where your focus goes, energy flows."

How can you master your life or take full ownership of your life if a lot of your mental attention is sucked up by the things that you haven't achieved?

Focus on your areas of competency, and choose to celebrate the positive things going on in your life. This is your key to empowerment. The more you focus on celebrating your achievements, the more competent and self-confident you become.

This enables you to increase your level of success and become a more empowered person.

Focus on your triumphs and let go of self-judgment and investing time, attention, and emotional energy on things that didn't work out the way you wanted. Just absorb the lesson and move on.



Jan Shaw – [The Success Alchemist](#), is a Spiritual Empowerment and Intuitive Success Coach and can be found at [www.thesuccessalchemist.net](http://www.thesuccessalchemist.net). She delivers practical life and business strategies plus intuitive guidance, sprinkled with spiritual and metaphysical principles so you can create unstoppable success in life and business. Get your FREE copy of her [Dream Achievers Success Kit](#) or apply for a complimentary [Unstoppable Success Strategy Session](#). Her book *Empowered Manifestation* is available on [Amazon](#). Visit her [YouTube Channel](#) for more tips, tools, and training to help you become unstoppable. You can also visit her [Facebook Page](#) and join her Facebook Group, [Unstoppable You – Breakthrough to Brilliance](#). Jan also hosts the Cosmic Creating Show every Saturday on [Cosmic Reality Radio](#) – [listen to the recordings here](#).