

What's holding you back?

If you want to sail into the open seas, you must let go of the anchor that is locking you in the harbor. Isn't that a great visual of what can happen to us in our own personal lives when we hold on to things that are holding us back? We are excited to bring you this edition of your Weekly Winning Resource all about the word release. If you are going to achieve your goals and dreams whatever they may be, you must be willing to release things in your life that no longer serve you or that are holding you back from being your best self. We want to challenge you this week to really think about what it is you want in life and what it is that's holding you back. The truth is, holding on can do more damage than we think. Consider lugging around a 25 pound bag everywhere you go. It may not cause pain initially, but in time, it will start to wear on your body. Your joints and muscles will become exhausted from this heavy load. It's the same when we don't release emotional baggage or hang-ups that keep us down. At first, we don't recognize the effects, but over time it impacts us greatly. Emotionally, we hold on to memories that no longer serve us, whether good or bad, and we hang on to grudges that zap our energy. We have habits that burden us because we know we shouldn't do it, but the pain of letting it go seems overwhelming. Ultimately, what we tend to do is hold on to what we don't want, instead of freeing our thoughts to focus on what we do want. The time is now to press the release button and let go of whatever it is that's holding you back.

Your Weekly Winning Word:

Release:

allow or enable to escape from confinement; set free.

Your Weekly Winning Article:

As Natasha Bedingfield said in her popular early 2000's song *Unwritten*, "release your inhibitions, feel the rain on your skin." What she meant by that was to let nothing stop you. Release everything that is holding you back, which she refers to as inhibitions. How would one define inhibitions? We found this really great (and easy quick read) article that shares 5 ways to release your inhibitions. [**Click Here to Read**](#)

Your Weekly Winning Challenge:

Your challenge this week is to make a list of anything you can think of that may be holding you back from being the best you can be. Maybe it's something emotional like unforgiveness, grudges, or past memories. Maybe it's hang-ups and habits you just can't break. Whatever you can think of, write it down. Then take a look at the list and put it in a priority order. Start with the top priority and work on that one thing. Once you overcome it, you can go to the next on the list and so on. Additionally, plan to attend our Monthly Virtual Workshop, "5 Habits That are Holding You Back and How to Break Free!" this Thursday, March 11th at 3pm. It's FREE to attend, but you do need to sign up here: [**Sign Me Up!**](#)

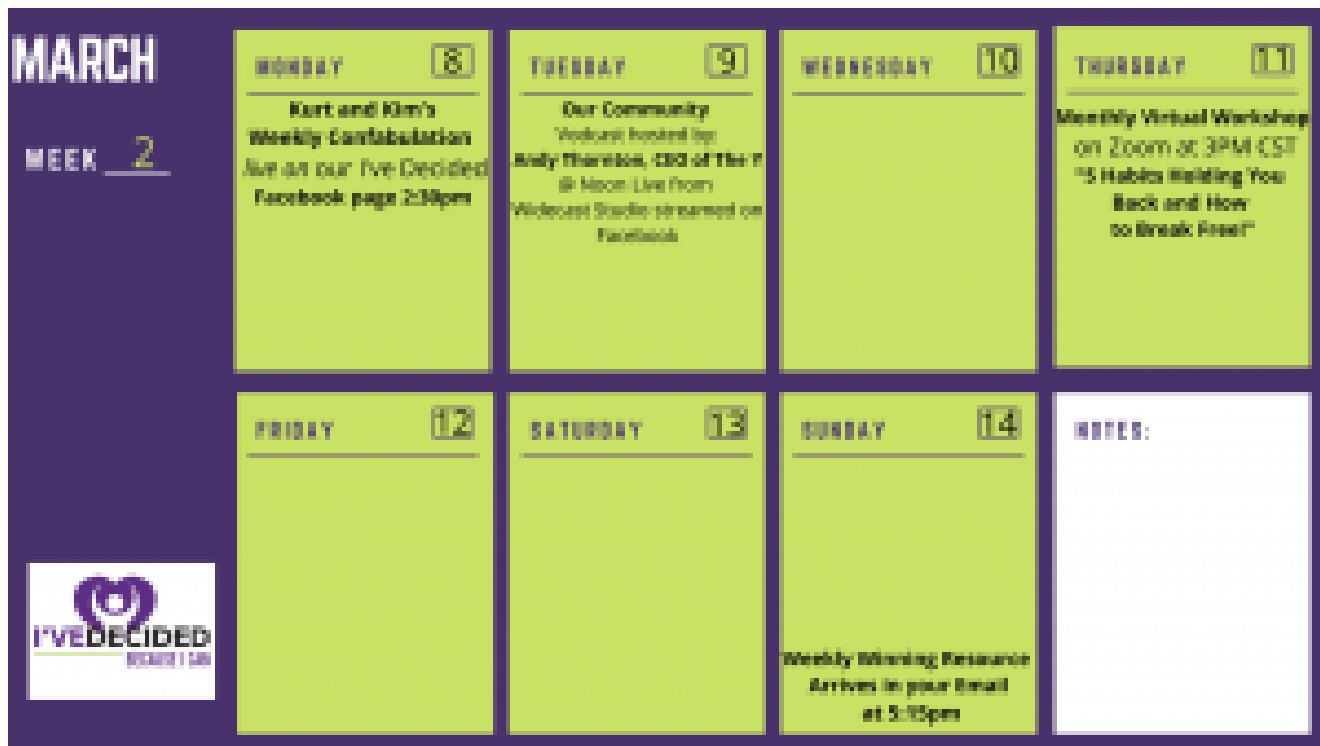
Your Weekly Winning Quote:

Sometimes you don't realize the weight of something you've been carrying until you feel the weight of its release.

It can be difficult to release things in our life that hold us back. The fear of the unknown and breaking out of our comfort zone can be overwhelming. That's why it is so important to invest in a coach who can help you identify hang-ups and/or emotional baggage you may not be able to see. Having a coach can increase the chance of your success by nearly 50% over trying to go it alone. Consider our **Launch My Success Membership**. Included in this membership, is **weekly group coaching** with one of our awesome Success Partners. You can learn more about them here: [Learn More – Success Partners](#)

Having a coach is an investment that you can expect to get a return on, it is not an expense. The time is now...What are you waiting for?

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