



Day 23: Here's what to do:

- 1.) Write down the 10+ things for which you are grateful, focusing on things in your life that ALMOST didn't happen, or could have gone a different way. OR, things that happened because something else went wrong (ie. getting a great apartment because another one fell through, etc.)
- 2.) Let go of your unnecessary guilt.

We all do it. We all carry it around like a boulder on our backs. And in many cases it's completely unnecessary.

Guilt implies you've done something wrong. So if you've wronged someone, sure, feel guilty. But if something is out of your control, like you missed a meeting because your car broke down or you couldn't make plans because you didn't feel well, etc., then you don't need to feel guilty about that. It's out of your control and you need to let it go, which is easier said than done. But when you begin to think about your actions and your choices in life, and you feel that guilt creep in, try to think analytically about it. Think objectively. Is it really something for which you should feel guilty? Did you purposefully do something wrong?

If not, maybe think about cutting yourself some slack. You'll feel lighter and happier and be better off if you do.

That excess guilt is unnecessary and weighing you down. Let it go.