



Colorado Lawyer Assistance Program

10 Things You Should Give Up To Move Forward:

- 1) Letting the opinion of others control your life.
~It's not what others think, it's what you think about yourself that counts.
- 2) The shame of past failures.
~All that matters is what you do right now.
- 3) Being indecisive about what you want.
~You will never leave where you are until you decide where you would rather be.
- 4) Procrastinating on the goals that matter to you.
~There are two primary choices in life: to accept conditions as they exist,
Or accept the responsibility for changing them.
- 5) Choosing to do nothing.
~Every day is a chance to make new choices.
- 6) Your need to be right.
~Being wrong is not the end of the world. It can help you learn new things and
move forward with your life.
- 7) Running from problems that should be fixed.
~Face these issues, fix the problems, communicate, and appreciate the process.
- 8) Making excuses rather than decisions.
~Excuses are like "analysis paralysis," but making decisions propel us forward.
- 9) Overlooking the positive points in your life.
~What you see depends entirely on what you're looking for. You can't be
happy if you aren't thankful for the good things in your life.
- 10) Not appreciating the present moment.
~Too often we try to accomplish something big without realizing that
the greatest part of life is made up of the little things.

*For confidential assistance with anything impacting your personal or professional life, contact
COLAP at 303.986.3345 or toll free at 1.855.208.1168.*