

ARE ATTACHMENTS LIMITING YOUR SUCCESS?

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If you're not living the life of your dreams, you have attachments that are standing in your way. ***Every negative emotion you feel is the result of one or more attachments.*** Letting go of your attachments is the one way to free yourself and enjoy unlimited success.

Several attachments impede progress and success:

- 1. The need to be comfortable is the greatest obstacle to success.** It's human nature to seek out comfort. There are few, if any, greater drives than the desire to be comfortable. ***But success lies on the other side of comfort.*** Comfort comes from the familiar, but the familiar doesn't bring change.
 - Embrace discomfort. Understand that your uncomfortable feelings mean you're doing something new. New actions bring new results. Those new results might be exactly what you're looking for.
- 2. The need to be right is a close second.** You're wrong about many things. However, if you feel the need to be correct, there's no room for the truth. ***Instead of wanting to prove you're right, seek the truth.*** Spend your time building a more accurate map of your world rather than trying to force your current map on reality.
- 3. Attachment to your identity is another obstacle.** Do you see yourself as an ineloquent person? If so, you'll never become a great orator. Do you believe you're naturally a heavy person? A lean, healthy body will always be out of reach.

- It's very challenging to create a reality that clashes with your identity. Why are you attached to your opinion of yourself? **Let it go and see how great you can become.** You have nothing to lose.

4. **Are you attached to your habits?** Your life is the ultimate expression of your habits. Our lives get a little better or a little worse each day. **Over several years, your habits dictate the quality of your life.** If you can't give up your current habits, you're stuck.

- Many success experts believe that the development of new, effective habits is the cornerstone of success. Let go of your old habits and make room for the new.
- It might be necessary to develop habits like learning each day, networking, exercising, or reviewing your goals regularly to reach a new level of success.
- Habits are another way we comfort ourselves. It's uncomfortable to break old habits and to create new habits.

5. **Attachment to places and people can also limit your success.** Many of the best opportunities can be in other locations. Are you attached to your hometown, state, or even country? The world is a big place. **The best opportunity for you might not be within 25 miles of your front door.**

- We often become attached to places because of the people there. It's not easy to leave friends and family to attain success.
- The people in our lives are also habits. Think of the most successful people you know. Describe the people they spend time with on a regular basis. Compare that to the people in your social circle. Can you see a difference? Moving ahead often means letting go of certain people.

Attachment is limiting. ***If success isn't coming quickly enough, your attachments are part of the challenge.*** Examine your tendencies and determine which are impeding your progress. Be willing to change and accept another viewpoint. Many attachments are pleasurable in the short-term, but painful in the long-term. Release your attachments and enjoy greater success.