

# Transcript: Letting Go

[1:00 am](#) [lollydaskal](#): Everyone welcome to [#leadfromwithin](#) Tweepchat. Lets dive right in ...Topic Letting go!

[1:00 am](#) [scedmonds](#): Join us in tonights [#LeadFromWithin](#) tweet chat - Right now! [#leadfromwithin](#)

[1:00 am](#) [helenantholis](#): Hi Lolly and everyone. Helen here! [#leadfromwithin](#)

[1:01 am](#) [lollydaskal](#): Q1: To "LET GO" means.... [#leadfromwithin](#)

[1:01 am](#) [lollydaskal](#): so glad to see you! [@helenantholis](#) [#leadfromwithin](#)

[1:01 am](#) [scedmonds](#): Good evening, Helen! RT [@helenantholis](#): Hi Lolly and everyone. Helen here! [#leadfromwithin](#)

[1:01 am](#) [rockerlifecoach](#): RT [@lollydaskal](#): Q1: To "LET GO" means.... [#leadfromwithin](#)

[1:01 am](#) [worksmarta](#): Hi everyone! Diana here :) [#leadfromwithin](#)

[1:01 am](#) [john\\_paul](#): Hello Helen and everyone! :) [#leadfromwithin](#)

[1:01 am](#) [byron\\_fernandez](#): RT [@lollydaskal](#): Q1: To "LET GO" means.... [#leadfromwithin](#)

[1:02 am](#) [helenantholis](#): Let go means suspend judgment - accept reality [#leadfromwithin](#)

[1:02 am](#) [lollydaskal](#): A1: To let go does not mean to stop caring, it means you have made a choice to stop. [#leadfromwithin](#)

[1:02 am](#) [scedmonds](#): A1 - Letting go means, to me, to release concern, control, command . . . [#leadfromwithin](#)

[1:02 am](#) [lollydaskal](#): so glad to see you [@worksmarta](#) [#leadfromwithin](#)

[1:02 am](#) [lollydaskal](#): awesome RT [@helenantholis](#): Let go means suspend judgment - accept reality [#leadfromwithin](#)

[1:02 am](#) [growinggold](#): ok... jumping into [#LeadFromWithin](#) now! follow the stream and join in to answer the q's if you feel it

[1:02 am](#) [scedmonds](#): Hey, Diana! Good to "see" you - RT [@worksmarta](#): Hi everyone! Diana here :) [#leadfromwithin](#)

[1:03 am](#) [drsarahwarren](#): Don't sweat the small stuff AND delegate. RT [@LollyDaskal](#): Q1: To "LET GO" means.... [#leadfromwithin](#)

[1:03 am](#) [scedmonds](#): Hey, John - RT @[john\\_paul](#): Hello Helen and everyone! :) [#leadfromwithin](#)

[1:03 am](#) [lollydaskal](#): A1: To "let go" is not to deny but to accept [#leadfromwithin](#)

[1:03 am](#) [StrategicMonk](#): @[LollyDaskal](#) that you trust that not everything depends completely on what you do, think, or say. [#leadfromwithin](#)

[1:03 am](#) [heart\\_path](#): Hi all! Just joining... [#Leadfromwithin](#)

[1:03 am](#) [worksmarta](#): A1: To let go means to stop dwelling on things you can't change [#leadfromwithin](#)

[1:04 am](#) [riyanew](#): RT @[LollyDaskal](#): A1: To let go does not mean to stop caring, it means you have made a choice to stop. [#leadfromwithin](#)

[1:04 am](#) [lollydaskal](#): A1: To let go is not to regret the past, but to grow and live for the future. [#leadfromwithin](#)

[1:04 am](#) [heart\\_path](#): RT @[lollydaskal](#): A1: To let go is not to regret the past, but to grow and live for the future. [#leadfromwithin](#)

[1:04 am](#) [lollydaskal](#): RT @[worksmarta](#): A1: To let go means to stop dwelling on things you cant change [#leadfromwithin](#)

[1:04 am](#) [john\\_paul](#): A1: Letting go means accepting the direction of certain events and moving on to new horizons. [#leadfromwithin](#)

[1:04 am](#) [My\\_WebEvent](#): [#Leadfromwithin](#) Hello! This is Steph! Looking forward to tonight's tweetchat!

[1:04 am](#) [DinnoSH](#): RT @[lollydaskal](#): A1: To "let go" is not to deny but to accept [#leadfromwithin](#)

[1:04 am](#) [Heather\\_T\\_M](#): RT @[lollydaskal](#): A1: To let go is not to regret the past, but to grow and live for the future. [#leadfromwithin](#)

[1:04 am](#) [scedmonds](#): NICE! RT @[StrategicMonk](#): @[LollyDaskal](#) that you trust that not everything depends completely on what you do, think, or say. [#leadfromwithin](#)

[1:04 am](#) [drsarahwarren](#): good one RT @[LollyDaskal](#): RT @[worksmarta](#): A1: To let go means to stop dwelling on things you cant change [#leadfromwithin](#)

[1:04 am](#) [growinggold](#): RT @[drsarahwarren](#) Don't sweat the small stuff AND delegate. RT @[LollyDaskal](#): Q1: To "LET GO" means.... [#leadfromwithin](#)

[1:04 am](#) [helenantholis](#): A1. To "let go" is to really listen to what's being said by others. [#leadfromwithin](#)

[1:04 am](#) [heart\\_path](#): A1 To accept what is ... [#Leadfromwithin](#)

[1:05 am](#) [lollydaskal](#): RT @[heart\\_path](#): A1 To accept what is ... #[leadfromwithin](#)

[1:05 am](#) [growinggold](#): A1 release! #[leadfromwithin](#)

[1:05 am](#) [scedmonds](#): Q2: Why do you avoid letting go? #[leadfromwithin](#)

[1:05 am](#) [rockerlifecoach](#): @[LollyDaskal](#) keep up the good tweets tonight #[leadfromwithin](#)

[1:05 am](#) [worksmarta](#): Excellent. RT @[heart\\_path](#): A1 To accept what is ... #[leadfromwithin](#)

[1:05 am](#) [StrategicMonk](#): @[LollyDaskal](#) that you can take the opportunity to know yourself, which is crucial to leading from within. #[leadfromwithin](#)

[1:05 am](#) [heart\\_path](#): RT @[scedmonds](#): A1 - Letting go means, to me, to release concern, control, command . . . #[leadfromwithin](#)

[1:05 am](#) [scedmonds](#): RT @[heart\\_path](#): A1 To accept what is ... #[leadfromwithin](#)

[1:05 am](#) [helenantholis](#): Love it. RT @[heart\\_path](#): A1 To accept what is ... #[leadfromwithin](#)

[1:05 am](#) [LeyMarieCel](#): A1: To let go is not to regret the past, but to grow and live for the future. #[leadfromwithin](#) /via @[LollyDaskal](#)

[1:06 am](#) [drsarahwarren](#): overidentified w/ the work. omnipotence. RT @[scedmonds](#): Q2: Why do you avoid letting go? #[leadfromwithin](#)

[1:06 am](#) [coryeigenschenk](#): A1 understand, accept and grow in a forward motion for the better! #[leadfromwithin](#) #[leadfromwithin](#)

[1:06 am](#) [john\\_paul](#): RT @[growinggold](#) @[drsarahwarren](#) Don't sweat the small stuff AND delegate. < - Haha - good one! #[leadfromwithin](#)

[1:06 am](#) [ncbeachgirl75](#): @[LollyDaskal](#) #[leadfromwithin](#) to let go means opening yourself up to new possibilities.

[1:06 am](#) [worksmarta](#): A2: We avoid letting go because we think we can change the situation. #[leadfromwithin](#)

[1:06 am](#) [joankw](#): Join the gang when @[LollyDaskal](#) hosts tweet chat - beginning NOW Join us at <http://tweetchat.com/room/leadfromwithin> #[LeadFromWithin](#)

[1:06 am](#) [heart\\_path](#): A2 We avoid letting go when fear sets. in. #[Leadfromwithin](#)

[1:06 am](#) [helenantholis](#): A2. We avoid letting go because we're trained to take a stand. #[leadfromwithin](#)

1:06 am **[thehealthmaven](#)**: A-1 And to realize that there may be something better ahead [#leadfromwithin](#)

1:06 am **[lollydaskal](#)**: @[StrategicMonk](#) yes agree totally! [#leadfromwithin](#)

1:06 am **[PRuuPH](#)**: A1 [#LeadFromWithin](#) to let go means U stop haunting your self with needless wondering <http://enbdavies.ca/2011/02/21/dont-know/> @[LollyDaskal](#)

1:06 am **[john\\_paul](#)**: Q2: Why do you avoid letting go? [#leadfromwithin](#)

1:06 am **[worksmarta](#)**: A2: We avoid letting go because we are emotionally invested [#leadfromwithin](#)

1:06 am **[scedmonds](#)**: So true! RT @[heart\\_path](#): A2 We avoid letting go when fear sets. in. [#leadfromwithin](#)

1:06 am **[lollydaskal](#)**: A2: We avoid letting go because an ending might mean we have failed. [#leadfromwithin](#)

1:06 am **[growinggold](#)**: RT @[LollyDaskal](#): Q1: To "LET GO" means.... [#leadfromwithin](#) <<A1 to allow your attn to hold vision, and keep eye on what MOST matters

1:07 am **[My\\_WebEvent](#)**: RT @[worksmarta](#): A2: We avoid letting go because we are emotionally invested <AGREE! [#leadfromwithin](#)

1:07 am **[coryeigenschenk](#)**: Agree RT @[worksmarta](#): A2: We avoid letting go because we are emotionally invested [#leadfromwithin](#)

1:07 am **[scedmonds](#)**: A2: we avoid letting go because we feel we must control people, decisions, actions. [#leadfromwithin](#)

1:07 am **[john\\_paul](#)**: A2: because we are attached to certain desires and even dreams. [#leadfromwithin](#)

1:07 am **[heart\\_path](#)**: Fear again...RT @[LollyDaskal](#): A2: We avoid letting go because an ending might mean we have failed. [#leadfromwithin](#)

1:07 am **[lollydaskal](#)**: A2: We avoid letting go because of our past experiences and our past determines how we think of endings. [#leadfromwithin](#)

1:07 am **[StrategicMonk](#)**: @[scedmonds](#) we want to be able to control the process and the outcome. [#leadfromwithin](#)

1:07 am **[thehealthmaven](#)**: RT @[My\\_WebEvent](#): RT @[worksmarta](#): A2: We avoid letting go because we are emotionally invested <AGREE! [#leadfromwithin](#)

1:07 am **[JMHOOG](#)**: RT @[lollydaskal](#): RT @[worksmarta](#): A1: To let go means to stop dwelling on things you cant change [#leadfromwithin](#)

1:07 am **[scedmonds](#)**: Dead on! RT @[john\\_paul](#): A2: because we are attached to certain desires and even dreams. [#leadfromwithin](#)

[1:07 am](#) [lollydaskal](#): RT @StrategicMonk: @scedmonds we want to be able to control the process and the outcome. #leadfromwithin

[1:08 am](#) [scedmonds](#): YES! RT @StrategicMonk: @scedmonds we want to be able to control the process and the outcome. #leadfromwithin

[1:08 am](#) [worksmarta](#): CONTROL - huge. RT @StrategicMonk: @scedmonds we want to be able to control the process and the outcome. #leadfromwithin

[1:08 am](#) [helenantholis](#): A2. We avoid letting go because we think we can convince others to our way of thinking. #leadfromwithin

[1:08 am](#) [heart\\_path](#): Control and fear! #Leadfromwithin

[1:08 am](#) [growinggold](#): A1 being VERY forgetful... that little things aren't SO impt RT @scedmonds Q2: Why do you avoid letting go? #leadfromwithin

[1:08 am](#) [scedmonds](#): A2: Maybe we avoid letting go because of fear of the unknown - #leadfromwithin

[1:08 am](#) [lollydaskal](#): Dr Sydney Finkelstein says, those that have the greatest difficulty abandoning things R often those unable to face reality #leadfromwithin

[1:08 am](#) [JKWleadership](#): To let go means to seize new opportunities and say good bye to the old ways of doing things. A:1 #leadfromwithin

[1:08 am](#) [worksmarta](#): You are correct. RT @helenantholis: A2. We avoid letting go because we think we can convince others to our way of thinking. #leadfromwithin

[1:08 am](#) [My\\_Jewelry\\_Box](#): Hi everyone!! Enjoying the comments tonight. Good points #leadfromwithin

[1:09 am](#) [lechatdosirisfr](#): @LollyDaskal To Let Go Is To Stop Wanting And To Simply Accept To Be The One We Really Are!! #leadfromwithin

[1:09 am](#) [worksmarta](#): True. RT @scedmonds: A2: Maybe we avoid letting go because of fear of the unknown - #leadfromwithin

[1:09 am](#) [john\\_paul](#): RT @scedmonds A2: Maybe we avoid letting go because of fear of the unknown #leadfromwithin

[1:09 am](#) [lollydaskal](#): A2: because we are afraid of the unknown #leadfromwithin

[1:09 am](#) [helenantholis](#): We dig in our heels deeper. RT @scedmonds: A2: Maybe we avoid letting go because of fear of the unknown - #leadfromwithin

[1:09 am](#) [heart\\_path](#): RT @lollydaskal: A2: because we are afraid of the unknown #leadfromwithin

[1:09 am](#) [erikwill](#): RT @lollydaskal: the human heart will seek to be known, understood and connected. #leadfromwithin

[1:09 am](#) **[worksmarta](#)**: A2: We avoid letting go because we care TOO much. [#leadfromwithin](#)

[1:09 am](#) **[lollydaskal](#)**: A2: :because we are afraid to confront the truth [#leadfromwithin](#)

[1:09 am](#) **[therealdjelly](#)**: RT [@lollydaskal](#): Dr Sydney Finkelstein says, those that have the greatest difficulty abandoning things R often those unable to face reality [#leadfromwithin](#)

[1:09 am](#) **[My\\_WebEvent](#)**: A1 Because we fall in love with potential, want it more for others than they want for themselves! [#leadfromwithin](#)

[1:09 am](#) **[lollydaskal](#)**: A2: because we afraid of hurting someone [#leadfromwithin](#)

[1:09 am](#) **[Sian\\_Design](#)**: RT [@john\\_paul](#): Q2: Why do you avoid letting go? [#leadfromwithin](#)

[1:10 am](#) **[FullerBrushJeff](#)**: RT [@knowledgebishop](#): It takes courage to be gentle. - [@GaryLoper](#) [#leadfromwithin](#)

[1:10 am](#) **[lollydaskal](#)**: A2: because we are afraid to be hurt [#leadfromwithin](#)

[1:10 am](#) **[scedmonds](#)**: TRUE! RT [@helenantholis](#): We dig in our heels deeper. RT [@scedmonds](#): A2: We avoid letting go because of fear of the unknown. [#leadfromwithin](#)

[1:10 am](#) **[sheaholliman](#)**: RT [@lollydaskal](#): Dr Sydney Finkelstein says, those that have the greatest difficulty abandoning things R often those unable to face reality [#leadfromwithin](#)

[1:10 am](#) **[LindaMatlow](#)**: RT [@lollydaskal](#): nothing great really happens until you move. [#leadfromwithin](#)

[1:10 am](#) **[growinggold](#)**: abSOLUTELY! RT [@scedmonds](#) A2: Maybe we avoid letting go because of fear of the unknown [#leadfromwithin](#)

[1:10 am](#) **[StrategicMonk](#)**: [@scedmonds](#) we are taught all our live never to let go, never to give up; if we are right, we will win in the end. [#leadfromwithin](#)

[1:10 am](#) **[lollydaskal](#)**: A2: we avoid letting go because we are not equipped to let go emotionally [#leadfromwithin](#)

[1:10 am](#) **[coryeigenschenk](#)**: A2 fear of pain and self-dissapointment [#leadfromwithin](#)

[1:10 am](#) **[john\\_paul](#)**: [@Sian\\_Design](#) Sian\_Design RT [@john\\_paul](#): Q2: Why do you avoid letting go? [#leadfromwithin](#) <- Hi Sian, welcome! [#leadfromwithin](#)

[1:11 am](#) **[heart\\_path](#)**: Letting go is not the same as giving up. [#Leadfromwithin](#)

[1:11](#) **[lollydaskal](#)**: Q3:What does letting go of old habits & patterns involve?

[am](#) [#leadfromwithin](#)

[1:11 am](#) [growinggold:](#) RT @[John\\_Paul](#) Q2: Why do you avoid letting go? [#leadfromwithin](#)

[1:11 am](#) [helenantholis:](#) A2. When six people say you're dead, you'd better lay down. [#leadfromwithin](#)

[1:11 am](#) [BestFoodBaby:](#) rt @[LollyDaskal](#) - we avoid letting go because we are not equipped to let go emotionally [#leadfromwithin](#)

[1:11 am](#) [StrategicMonk:](#) @[LollyDaskal](#) we are afraid of disappointing people who can no longer hear us. [#leadfromwithin](#)

[1:11 am](#) [scedmonds:](#) Oops. RT @[StrategicMonk](#): @[scedmonds](#) we are taught all our lives never to let go or give up; if we are right, we will win! [#leadfromwithin](#)

[1:11 am](#) [My\\_WebEvent:](#) RT @[StrategicMonk](#): @[scedmonds](#) we are taught all our live never to let go, never to give up...<SO TRUE! [#leadfromwithin](#)

[1:11 am](#) [scedmonds:](#) PERFECT! RT @[helenantholis](#): A2. When six people say youre dead, youd better lay down. [#leadfromwithin](#)

[1:12 am](#) [john\\_paul:](#) Q/A2: Is it wrong to hold on to something, even if you know it can't last? [#leadfromwithin](#)

[1:12 am](#) [Chriscarroll50:](#) @[LollyDaskal](#) one must learn the Truths of "The Serenity Prayer" in order to [#leadfromwithin](#)

[1:12 am](#) [thehealthmaven:](#) @[scedmonds](#) & I think because we want to make things "right" again re: digging our heels in [#leadfromwithin](#)

[1:12 am](#) [scedmonds:](#) Powerful! RT @[lollydaskal](#): A2: we avoid letting go because we are not equipped to let go emotionally [#leadfromwithin](#)

[1:12 am](#) [worksmarta:](#) A3: Create a new norm. Don't dwell on the past. [#leadfromwithin](#)

[1:12 am](#) [worksmarta:](#) yes! RT @[scedmonds](#): Powerful! RT @[lollydaskal](#): A2: we avoid letting go because we are not equipped to let go emotionally [#leadfromwithin](#)

[1:13 am](#) [scedmonds:](#) Right on, Lea! RT @[thehealthmaven](#): @[scedmonds](#) I think because we want to make things "right" again re: digging our heels in [#leadfromwithin](#)

[1:13 am](#) [helenantholis:](#) Q3. Letting go involves being willing to listen to the others and consider they viewpoint [#leadfromwithin](#)

[1:13 am](#) [therealdjelly:](#) RT @[lollydaskal](#): Q3:What does letting go of old habits & patterns involve? [#leadfromwithin](#)

[1:13 am](#) [drsarahwarren:](#) wisdom in it. worked/ client on that today. RT @[Chriscarroll50](#): @[LollyDaskal](#) the Truths of "The Serenity Prayer" in order to

[#leadfromwithin](#)

[1:13  
am](#)

**[regb232](#):** RT [@lollydaskal](#): Q3:What does letting go of old habits & patterns involve? [#leadfromwithin](#)

[1:13  
am](#)

**[john\\_paul](#):** A2: Somethings are worth holding on to . . . for example Love, Peace and Truth. [#leadfromwithin](#)

[1:13  
am](#)

**[growinggold](#):** A3 Trust, Faith, Perseverance!! RT [@LollyDaskal](#) Q3:What does letting go of old habits & patterns involve? [#leadfromwithin](#)

[1:13  
am](#)

**[StrategicMonk](#):** [@LollyDaskal](#) hitting rock bottom; realizing that our refusing to let go is an obstacle, not a stepping stone. [#leadfromwithin](#)

[1:13  
am](#)

**[rrommel8888](#):** [@LollyDaskal](#) I've been hurt and still kicking too! [#leadfromwithin](#)  
[@EternalRiteWing](#) [@SongofSongs1\\_2](#) [@littlebytesnews](#) [@GaltsGirl](#)  
[@GovWalker](#)

[1:14  
am](#)

**[heart\\_path](#):** RT [@heart\\_path](#): A3: Letting go involves self-responsibility, honesty, openness and faith. [#Leadfromwithin](#)

[1:14  
am](#)

**[john\\_paul](#):** RT [@lollydaskal](#) Q3:What does letting go of old habits & patterns [#leadfromwithin](#)

[1:14  
am](#)

**[scedmonds](#):** A3: Habits can be so ingrained, we don't even know we're repeating poor behaviors! [#leadfromwithin](#)

[1:14  
am](#)

**[lollydaskal](#):** A3: Learning to let go of old habits, ideas, people who are not serving your best interests, is not an easy task for anyone  
[#leadfromwithin](#)

[1:14  
am](#)

**[Leadershipfreak](#):** RT [@lollydaskal](#): RT [@worksmarta](#): A1: To let go means to stop dwelling on things you cant change [#leadfromwithin](#)

[1:14  
am](#)

**[worksmarta](#):** A3: Letting go of old habits and patterns requires confidence  
[#leadfromwithin](#)

[1:14  
am](#)

**[scedmonds](#):** FAITH is huge! RT [@heart\\_path](#): RT [@heart\\_path](#): A3: Letting go involves self-responsibility, honesty, openness and faith.  
[#leadfromwithin](#)

[1:14  
am](#)

**[growinggold](#):** Discipline!! RT [@LollyDaskal](#) Q3:What does letting go of old habits & patterns involve? [#leadfromwithin](#)

[1:15  
am](#)

**[thehealthmaven](#):** A3..Courage! & being totally honest with what is really at hand  
[#leadfromwithin](#)

[1:15  
am](#)

**[helenantholis](#):** Exactly. RT [@scedmonds](#): A3: Habits can be so ingrained, we dont even know were repeating poor behaviors! [#leadfromwithin](#)

[1:15  
am](#)

**[StrategicMonk](#):** [@LollyDaskal](#) A3: developing & finding new habits & patterns to replace them. [#leadfromwithin](#)

[1:15  
am](#)

**[PostDvorceCoach](#):** Q3 The will to want it so bad you can taste it. [#leadfromwithin](#)



[1:15 am](#) **[heart\\_path](#)**: Yes - courage is so important! RT [@thehealthmaven](#): A3..Courage! & being totally honest with what is really at hand [#leadfromwithin](#)

[1:15 am](#) **[scedmonds](#)**: A3: I must trust that NEW approaches will serve me better than my old template approach! [#leadfromwithin](#)

[1:15 am](#) **[lollydaskal](#)**: RT [@thehealthmaven](#): A3..Courage! & being totally honest with what is really at hand [#leadfromwithin](#)

[1:15 am](#) **[JacquelineEvlyn](#)**: RT [@lollydaskal](#): A2: We avoid letting go because of our past experiences and our past determines how we think of endings. [#leadfromwithin](#)

[1:15 am](#) **[growinggold](#)**: YES!! RT [@worksmarta](#) A3: Letting go of old habits and patterns requires confidence [#leadfromwithin](#)

[1:15 am](#) **[JKWleadership](#)**: Letting go of old habits means trusting YOURSELF. A3 [#leadfromwithin](#)

[1:15 am](#) **[worksmarta](#)**: RT [@helenantholis](#): Exactly. RT [@scedmonds](#): A3: Habits can be so ingrained, we dont even know were repeating poor behaviors! [#leadfromwithin](#)

[1:16 am](#) **[worksmarta](#)**: TRUST yes! RT [@scedmonds](#): A3: I must trust that NEW approaches will serve me better than my old template approach! [#leadfromwithin](#)

[1:16 am](#) **[scedmonds](#)**: So true! RT [@PostDvorceCoach](#): Q3 The will to want it so bad you can taste it. [#leadfromwithin](#)

[1:16 am](#) **[john\\_paul](#)**: A3: letting go of old habits requires something to replace them with. [#leadfromwithin](#)

[1:16 am](#) **[scedmonds](#)**: RT [@JKWleadership](#): Letting go of old habits means trusting YOURSELF. A3 [#leadfromwithin](#)

[1:16 am](#) **[My\\_WebEvent](#)**: RT [@JKWleadership](#): Letting go of old habits means trusting YOURSELF. A3 [#leadfromwithin](#)

[1:16 am](#) **[helenantholis](#)**: [@growinggold](#) Hi Sharon! [#leadfromwithin](#)

[1:16 am](#) **[StrategicMonk](#)**: RT [@postdvrccoach](#) Q3 The will to want it so bad you can taste it. [#leadfromwithin](#)

[1:16 am](#) **[growinggold](#)**: awesome... most true! RT [@JKWleadership](#) Letting go of old habits means trusting YOURSELF. A3 [#leadfromwithin](#)

[1:16 am](#) **[heart\\_path](#)**: A3: Faith, Courage, Trust, Honesty [#Leadfromwithin](#)

[1:16 am](#) **[lollydaskal](#)**: A3: RT [@JKWleadership](#): Letting go of old habits means trusting YOURSELF. [#leadfromwithin](#)

[1:17](#) **[worksmarta](#)**: RT [@heart\\_path](#): A3: Faith, Courage, Trust, Honesty

[am](#) [#leadfromwithin](#)

[1:17 am](#) [thehealthmaven:](#) RT [@lollydaskal](#): A3: RT [@JKWleadership](#): Letting go of old habits means trusting YOURSELF. [#leadfromwithin](#)

[1:17 am](#) [john\\_paul:](#) letting go of old habits means wanting to discover, change and grow. [#leadfromwithin](#)

[1:17 am](#) [StrategicMonk:](#) RT [@JKWleadership](#) Letting go of old habits means trusting YOURSELF. A3 [#leadfromwithin](#)

[1:18 am](#) [scedmonds:](#) A3: Letting go of habits means I'm able to step back and OBSERVE that I'm habitual; only then can I change my approach. [#leadfromwithin](#)

[1:18 am](#) [4KWiz:](#) [@LollyDaskal](#) A3 Identifying the exact new patterns & behaviors you want & live those instead of the old habits/mindsets. [#leadfromwithin](#)

[1:18 am](#) [worksmarta:](#) Trusting your decision-making. RT [@JKWleadership](#) Letting go of old habits means trusting YOURSELF. A3 [#leadfromwithin](#)

[1:18 am](#) [john\\_paul:](#) RT [@lollydaskal](#) A3: [@JKWleadership](#): Letting go of old habits means trusting YOURSELF. [#leadfromwithin](#) [#leadfromwithin](#)

[1:18 am](#) [PostDvorceCoach:](#) RT [@worksmarta](#): Trusting your decision-making. RT [@JKWleadership](#) Letting go of old habits means trusting YOURSELF. A3 [#leadfromwithin](#)

[1:18 am](#) [growinggold:](#) RT [@4KWiz](#) [@LollyDaskal](#) Identifying the exact new patterns & behaviors you want & live those instead of old habits/mindsets. [#leadfromwithin](#)

[1:18 am](#) [heart\\_path:](#) Trust starts w/ knowing yourself. RT [@JKWleadership](#) Letting go of old habits means trusting YOURSELF. A3 [#leadfromwithin](#) [#Leadfromwithin](#)

[1:18 am](#) [PRuuPH:](#) WORD~! begins with being honest with self.. ~! RT [@heart\\_path](#) A3: Faith, Courage, Trust, Honesty [#Leadfromwithin](#)

[1:19 am](#) [myprissy010:](#) RT [@Leadershipfreak](#): RT [@lollydaskal](#): RT [@worksmarta](#): A1: To let go means to stop dwelling on things you cant change [#leadfromwithin](#)

[1:19 am](#) [helenantholis:](#) Know thyself. RT [@scedmonds](#): A3: Letting go of habits means I OBSERVE that Im habitual; only then can I change my approach. [#leadfromwithin](#)

[1:19 am](#) [StrategicMonk:](#) [@scedmonds](#) A3 believing, trusting that change is possible [#leadfromwithin](#)

[1:19 am](#) [awriterchick:](#) RT [@John\\_Paul](#): letting go of old habits means wanting to discover, change and grow. [#leadfromwithin](#)

[1:19](#) [4KWiz:](#) [@LollyDaskal](#) A3: You have to have a plan to change old habits and

am autopilot mindsets. #[leadfromwithin](#)

[1:19 am](#) [scedmonds](#): A3: I often need to seek feedback from those I trust re: my habits & patterns - I'm blind to them much of the time! #[leadfromwithin](#)

[1:19 am](#) [My\\_WebEvent](#): A3 Reflecting on passed times that something better came along once you let go, helps build confidence! #[leadfromwithin](#)

[1:20 am](#) [dolynesaids](#): RT @[lollydaskal](#): A3: RT @[JKWleadership](#): Letting go of old habits means trusting YOURSELF. #[leadfromwithin](#)

[1:20 am](#) [scedmonds](#): Definitely! RT @[StrategicMonk](#): @[scedmonds](#) A3 believing, trusting that change is possible #[leadfromwithin](#)

[1:20 am](#) [ncbeachgirl75](#): RT @[lollydaskal](#): A3: Learning to let go of old habits, ideas, people who are not serving your best interests, is not an easy task for anyone #[leadfromwithin](#)

[1:20 am](#) [growinggold](#): @[helenantholis](#) hi Helen! ... are you worksmarta :) ? #[leadfromwithin](#)

[1:20 am](#) [ncbeachgirl75](#): RT @[StrategicMonk](#): @[LollyDaskal](#) hitting rock bottom; realizing that our refusing to let go is an obstacle, not a stepping stone. #[leadfromwithin](#)

[1:20 am](#) [scedmonds](#): Q4: How does your MIND think & your BODY feel when you say "let go"? #[leadfromwithin](#)

[1:21 am](#) [worksmarta](#): @[growinggold](#) - It's Diana now (her daughter) - I mostly tweet from @[worksmarta](#) with a few exceptions :) #[leadfromwithin](#)

[1:21 am](#) [myprissy010](#): RT @[mikehenrysr](#): RT @[LollyDaskal](#): in 30 minutes #[leadfromwithin](#) tweetchat begins join us. co host @[scedmonds](#)

[1:21 am](#) [StrategicMonk](#): RT @[JKWleadership](#) Letting go of old habits means trusting YOURSELF. A3 A combination of trusting and not trusting. #[leadfromwithin](#)

[1:21 am](#) [JKWleadership](#): Letting go of habits means Im able to step back and OBSERVE that Im habitual; only then can I change my approach~@[scedmonds](#) #[leadfromwithin](#)

[1:21 am](#) [lollydaskal](#): A4:Pain and discomfort is a signal that something is wrong. And action is required. #[leadfromwithin](#)

[1:21 am](#) [regb232](#): @[LollyDaskal](#) A3: That we become kids again unafraid to explore what the world has to offer #[leadfromwithin](#)

[1:21 am](#) [FabianPrasetya](#): we avoid letting go because we are not equipped to let go emotionally #[leadfromwithin](#)

[1:21 am](#) [john\\_paul](#): RT @[scedmonds](#) Q4: How does your MIND think & your BODY feel when you say "let go"? #[leadfromwithin](#)

[1:21](#) [heart\\_path](#): A4: Peace #[Leadfromwithin](#)

[am](#)

[1:21  
am](#)

**[drsarahwarren](#)**: depends on whether ready to let go or not! RT [@scedmonds](#): Q4: How does ur MIND think & ur BODY feel when u say "let go"? [#leadfromwithin](#)

[1:21  
am](#)

**[helenantholis](#)**: A4. My mind thinks Yes while my body thinks No re: letting go. [#leadfromwithin](#)

[1:22  
am](#)

**[PostDvorceCoach](#)**: Yes! RT [@regb232](#): [@LollyDaskal](#) A3: That we become kids again unafraid to explore what the world has to offer [#leadfromwithin](#)

[1:22  
am](#)

**[scedmonds](#)**: A4: My mind panics - I want to be right! ([@StrategicMonk](#)'s point a few tweets ago) [#leadfromwithin](#)

[1:22  
am](#)

**[SamBizInc](#)**: RT [@lollydaskal](#): A3: RT [@JKWleadership](#): Letting go of old habits means trusting YOURSELF. [#leadfromwithin](#)

[1:22  
am](#)

**[lollydaskal](#)**: A4: The natural reaction to letting go is to feel discomfort [#leadfromwithin](#)

[1:22  
am](#)

**[PostDvorceCoach](#)**: Me too..RT [@helenantholis](#): A4. My mind thinks Yes while my body thinks No re: letting go. [#leadfromwithin](#)

[1:22  
am](#)

**[heart\\_path](#)**: A4: Peace when I DO let go, not when I say to let go. [#Leadfromwithin](#)

[1:22  
am](#)

**[StrategicMonk](#)**: [@scedmonds](#) A4: they both need to intentionally relax [#leadfromwithin](#)

[1:22  
am](#)

**[lollydaskal](#)**: A4:The natural reaction to letting go is to feel fear [#leadfromwithin](#)

[1:22  
am](#)

**[thehealthmaven](#)**: RT [@ncbeachgirl75](#): RT [@StrategicMonk](#): [@LollyDaskal](#) I think that this is where we meet ourselves, often...hitting rock botto [#leadfromwithin](#)

[1:22  
am](#)

**[Chriscarroll50](#)**: [@drsarahwarren](#) excellent work Sarah! I'm glad you use that! I'm sure you are well on the way to [#leadfromwithin](#)

[1:22  
am](#)

**[Leadershipfreak](#)**: RT [@lollydaskal](#): A4: The natural reaction to letting go is to feel discomfort [#leadfromwithin](#)

[1:22  
am](#)

**[john\\_paul](#)**: A4: My mind thinks oh no and my heart cries out why . . . it's not always an easy transition. [#leadfromwithin](#)

[1:23  
am](#)

**[helenantholis](#)**: So true: RT [@heart\\_path](#): A4: Peace when I DO let go, not when I say to let go. [#leadfromwithin](#)

[1:23  
am](#)

**[PostDvorceCoach](#)**: Q4 Once you wrap your mind around it, your body will follow...eventually! [#leadfromwithin](#)

[1:23  
am](#)

**[scedmonds](#)**: Great point! RT [@StrategicMonk](#): [@scedmonds](#) A4: they both need to intentionally relax [#leadfromwithin](#)

[1:23 am](#) **[worksmarta](#)**: A4: My mind wants me to badly - My body is hesitant. But it is bliss when I actually let go. [#leadfromwithin](#)

[1:23 am](#) **[4KWiz](#)**: @[LollyDaskal](#) A3: The book "Switch" is excellent for this. You have to have a way for the mind to control the emotions. [#leadfromwithin](#)

[1:23 am](#) **[AFC\\_Accounting](#)**: RT @[scedmonds](#): Definitely! RT @[StrategicMonk](#): @[scedmonds](#) A3 believing, trusting that change is possible [#leadfromwithin](#)

[1:23 am](#) **[AFC\\_Accounting](#)**: RT @[dolynesaids](#): RT @[lollydaskal](#): A3: RT @[JKWleadership](#): Letting go of old habits means trusting YOURSELF. [#leadfromwithin](#)

[1:23 am](#) **[AFC\\_Accounting](#)**: RT @[LollyDaskal](#): A4:The natural reaction to letting go is to feel fear [#leadfromwithin](#)

[1:23 am](#) **[My\\_WebEvent](#)**: A4: Once the decision to let go is made, a new sense of optimism and expectation rises! [#leadfromwithin](#)

[1:24 am](#) **[scedmonds](#)**: A4: my body tightens up - I can sense it if I pay attention! Very clear reaction to being asked to "let go" [#leadfromwithin](#)

[1:24 am](#) **[heart\\_path](#)**: Yes! So true. RT @[My\\_WebEvent](#): A4: Once the decision to let go is made, a new sense of optimism and expectation rises! [#leadfromwithin](#)

[1:24 am](#) **[worksmarta](#)**: A4: Fear of letting go causes tension in the body and apprehension in the mind. [#leadfromwithin](#)

[1:24 am](#) **[lollydaskal](#)**: A4: Our brain drives our behavior look at your internal conversations that hold you back from letting go. [#leadfromwithin](#)

[1:24 am](#) **[john\\_paul](#)**: A4: then my mind regroupes and thinks of new possibilities and my heart begins to dream, it's not always an easy transition. [#leadfromwithin](#)

[1:24 am](#) **[MoHawkMar](#)**: RT @[LollyDaskal](#): Q3:What does letting go of old habits & patterns involve? [#leadfromwithin](#)

[1:24 am](#) **[ghc8008](#)**: rt @[LollyDaskal](#) Pain and discomfort is a signal that something is wrong. And action is required. [#leadfromwithin](#)

[1:24 am](#) **[growinggold](#)**: A3 self awareness must b 1st; then ID the ideal we WANT; then cr8 new habits via practice, discipline; WHILE trustg process [#leadfromwithin](#)

[1:24 am](#) **[ncbeachgirl75](#)**: @[LollyDaskal](#) [#leadfromwithin](#) we're afraid the future will be more disappointing than our past.

[1:24 am](#) **[saltpeppergroup](#)**: RT @[lollydaskal](#): A4: Our brain drives our behavior look at your internal conversations that hold you back from letting go. [#leadfromwithin](#)

[1:24 am](#) **[heart\\_path](#)**: RT @[ncbeachgirl75](#): @[LollyDaskal](#) [#leadfromwithin](#) we're afraid the future will be more disappointing than our past.

1:25 am **[helenantholis](#)**: RT @heart\_path: Yes! RT @My\_WebEvent: A4: Once the decision to let go is made, a new sense of optimism/expectation rises! #leadfromwithin

1:25 am **[thehealthmaven](#)**: @scedmonds Relief. If we are moving forward, we may have those moments more than a couple of times in our life #leadfromwithin

1:25 am **[AFC\\_Accounting](#)**: RT @helenantholis: Q3. Letting go involves being willing to listen to the others and consider they viewpoint #leadfromwithin

1:25 am **[KimaniS](#)**: RT @lollydaskal: A4: The natural reaction to letting go is to feel discomfort #leadfromwithin

1:25 am **[KimaniS](#)**: RT @lollydaskal: A4:Pain and discomfort is a signal that something is wrong. And action is required. #leadfromwithin

1:25 am **[worksmarta](#)**: The decision is hardest part. RT @My\_WebEvent: A4 Once decision to let go is made, new sense of optimism & expectation rises #leadfromwithin

1:25 am **[annasloverboy](#)**: RT @lollydaskal: A3: RT @JKWleadership: Letting go of old habits means trusting YOURSELF. #leadfromwithin

1:25 am **[scedmonds](#)**: COOL! RT @john\_paul: A4: then my mind regroupes & thinks of new possibilities & my heart begins to dream! #leadfromwithin

1:25 am **[john\\_paul](#)**: A4: Knowing that change is inevitable helps with the process of acceptance and moving on. #leadfromwithin

1:25 am **[AFC\\_Accounting](#)**: RT @scedmonds: COOL! RT @john\_paul: A4: then my mind regroupes & thinks of new possibilities & my heart begins to dream! #leadfromwithin

1:25 am **[lollydaskal](#)**: Q5: What does it feel like to let go of outcomes? #leadfromwithin

1:25 am **[KimaniS](#)**: RT @lollydaskal: A3: RT @JKWleadership: Letting go of old habits means trusting YOURSELF. #leadfromwithin

1:25 am **[heart\\_path](#)**: You cannot let go if you are always looking behind you. You must stay forward-focused. #Leadfromwithin

1:26 am **[Transcribble\\_9](#)**: RT @lollydaskal: A4:Pain and discomfort is a signal that something is wrong. And action is required. #leadfromwithin

1:26 am **[AFC\\_Accounting](#)**: yes ! RT @heart\_path: You cannot let go if you are always looking behind you. You must stay forward-focused. #Leadfromwithin

1:26 am **[My\\_WebEvent](#)**: @worksmarta Exactly! The decision is the hardest part! That's where the work happens! #leadfromwithin

1:26 am **[worksmarta](#)**: a4: when I let go, my worries wash away. #leadfromwithin

1:26 **[scedmonds](#)**: POWERFUL. RT @heart\_path: You cannot let go if you are always

[am](#) looking behind you. You must stay forward-focused.  
#[leadfromwithin](#)

[1:26 am](#) [helenantholis](#): It feels liberating. RT @[lollydaskal](#): Q5: What does it feel like to let go of outcomes? #[leadfromwithin](#)

[1:26 am](#) [growinggold](#): whew! and... that's a lot! no wonder its hard for us to let go of old patterns& behaviors! so, I add =self love, patience! #[leadfromwithin](#)

[1:26 am](#) [worksmarta](#): A5: Letting go of outcomes provides new possibilities  
#[leadfromwithin](#)

[1:26 am](#) [john\\_paul](#): RT @[lollydaskal](#) Q5: What does it feel like to let go of outcomes?  
#[leadfromwithin](#)

[1:26 am](#) [Leadershipfreak](#): Letting go has felt like a death to me. But life seems to emerge after.  
#[leadfromwithin](#)

[1:26 am](#) [KimaniS](#): RT @[lollydaskal](#): A1: To let go does not mean to stop caring, it means you have made a choice to stop. #[leadfromwithin](#)

[1:27 am](#) [Yuli\\_Yozhi](#): RT @[lollydaskal](#): A4:Pain and discomfort is a signal that something is wrong. And action is required. #[leadfromwithin](#)

[1:27 am](#) [heart\\_path](#): A5: I cherish those moments when I can let go of the fear, and just stay open to the possibilities...stay open to life. #[Leadfromwithin](#)

[1:27 am](#) [scedmonds](#): A5: Letting go of outcomes is a way to be fully present, awaiting possibility! #[leadfromwithin](#)

[1:27 am](#) [lollydaskal](#): A5: To let go is frightening but if you think of it as allowing and accepting.it might be easier to let go #[leadfromwithin](#)

[1:27 am](#) [AFC\\_Accounting](#): RT @[scedmonds](#): A5: Letting go of outcomes is a way to be fully present, awaiting possibility! #[leadfromwithin](#)

[1:27 am](#) [scedmonds](#): It does, Dan! RT @[Leadershipfreak](#): Letting go has felt like a death to me. But life seems to emerge after. #[leadfromwithin](#)

[1:27 am](#) [lollydaskal](#): RT @[Leadershipfreak](#): Letting go has felt like a death to me. But life seems to emerge after. #[leadfromwithin](#)

[1:27 am](#) [StrategicMonk](#): @[LollyDaskal](#) A5: It depends on whether everyone is letting go at the same pace, at the same time! #[leadfromwithin](#)

[1:27 am](#) [WriterChick47](#): @[lollydaskal](#) Scary. #[Leadfromwithin](#)

[1:27 am](#) [john\\_paul](#): RT @[worksmarta](#) A5: Letting go of outcomes provides new possibilities #[leadfromwithin](#)

[1:28 am](#) [SafetyMentalst](#): RT @[lollydaskal](#): A4: Our brain drives our behavior look at your internal conversations that hold you back from letting go.  
#[leadfromwithin](#)

[1:28 am](#) [lollydaskal](#): A5: We are always so used to striving and straining to get what we want. [#leadfromwithin](#)

[1:28 am](#) [ncbeachgirl75](#): "Don't spend time beating on a wall, hoping to transform it into a door." - Coco Chanel [#leadfromwithin](#) [@LollyDaskal](#)

[1:28 am](#) [cyberbonn](#): RT [@lollydaskal](#): Dr Sydney Finkelstein says, those that have the greatest difficulty abandoning things R often those unable to face reality [#leadfromwithin](#)

[1:28 am](#) [lollydaskal](#): A5: To simply let go is about allowing and accepting and for many that is a very difficult to accept. [#leadfromwithin](#)

[1:28 am](#) [scedmonds](#): A5: Ken Blanchard (a mentor) says to use "NATO." Not Attached to Outcomes! [#leadfromwithin](#)

[1:28 am](#) [My\\_WebEvent](#): RT [@heart\\_path](#): A5: I cherish moments when I can let go of the fear, just stay open to possibilities...stay open to life. [#leadfromwithin](#)

[1:28 am](#) [AFC\\_Accounting](#): Letting go is always hard but when it done you feel like a weight has been lifted off your shoulders [#leadfromwithin](#)

[1:28 am](#) [StrategicMonk](#): RT [@Leadershipfreak](#) Letting go has felt like a death to me. But life seems to emerge after. It is like being born anew! [#leadfromwithin](#)

[1:28 am](#) [scedmonds](#): RT [@StrategicMonk](#): [@LollyDaskal](#) A5: It depends on whether everyone is letting go at the same pace, at the same time! [#leadfromwithin](#)

[1:28 am](#) [helenantholis](#): RT [@scedmonds](#): A5: Ken Blanchard (a mentor) says to use "NATO." Not Attached to Outcomes! [#leadfromwithin](#)

[1:28 am](#) [racheldillin](#): RT [@lollydaskal](#): RT [@Leadershipfreak](#): Letting go has felt like a death to me. But life seems to emerge after. [#leadfromwithin](#)

[1:29 am](#) [worksmarta](#): RT [@AFC\\_Accounting](#): Letting go is always hard but when it done you feel like a weight has been lifted off your shoulders [#leadfromwithin](#)

[1:29 am](#) [drsarahwarren](#): Nice! RT [@ncbeachgirl75](#): "Don't spend time beating on a wall, hoping to transform it into a door." Coco Chanel [#leadfromwithin](#) [@LollyDaskal](#)

[1:29 am](#) [jacobnordby](#): [@LollyDaskal](#) "surrender means walking through doorways marked 'I don't know'..." [#leadfromwithin](#)

[1:29 am](#) [franelyn](#): RT [@Leadershipfreak](#): Letting go has felt like a death to me. But life seems to emerge after. [#leadfromwithin](#)

[1:29 am](#) [kummquatt](#): RT [@lollydaskal](#): A4: The natural reaction to letting go is to feel discomfort [#leadfromwithin](#)

[1:29 am](#) [thehealthmaven](#): RT [@lollydaskal](#): RT [@Leadershipfreak](#): Because u face that alone, the emotional aspect Letting go has felt like a death to me



[#leadfromwithin](#)

[1:29  
am](#)

[consciousone](#): RT @lollydaskal: A5: To simply let go is about allowing and accepting and for many that is a very difficult to accept.  
[#leadfromwithin](#)

[1:29  
am](#)

[heart\\_path](#): A5: Letting go is learning 2 live fully in the present moment - not attached 2 the past or holding on 2 an unknown future.  
[#Leadfromwithin](#)

[1:29  
am](#)

[AFC\\_Accounting](#): RT @John\_Paul: RT @worksmarta A5: Letting go of outcomes provides new possibilities [#leadfromwithin](#)

[1:30  
am](#)

[heart\\_path](#): RT @jacobnordby: @LollyDaskal "surrender means walking through doorways marked 'I don't know'..." [#leadfromwithin](#)

[1:30  
am](#)

[john\\_paul](#): A5: Sometimes it feels like a failure & other times exciting & full of new opportunities. It depends of your perspective. [#leadfromwithin](#)

[1:30  
am](#)

[heart\\_path](#): RT @john\_paul: A5: Sometimes it feels like a failure & other times exciting & full of new opportunities. It depends of your perspective.  
[#leadfromwithin](#)

[1:30  
am](#)

[growinggold](#): GR8! RT @ncbeachgirl75 "Don't spend time beating on a wall, hoping to transform it into a door." - Coco Chanel [#leadfromwithin](#)  
[@LollyDaskal](#)

[1:30  
am](#)

[StrategicMonk](#): RT @LollyDaskal "surrender means walking through doorways marked 'I don't know'..." [#leadfromwithin](#)

[1:30  
am](#)

[AFC\\_Accounting](#): RT @StrategicMonk: RT @LollyDaskal "surrender means walking through doorways marked 'I don't know'..." [#leadfromwithin](#)

[1:31  
am](#)

[john\\_paul](#): @heart\_path A5: Letting go is learning 2 live fully in the present moment - not attached 2 the past, holding unknown future.  
[#leadfromwithin](#)

[1:31  
am](#)

[growinggold](#): whewww - FREEDOM!! RT @LollyDaskal Q5: What does it feel like to let go of outcomes? [#leadfromwithin](#)

[1:31  
am](#)

[worksmarta](#): RT @john\_paul: A5: Sometimes feels like failure & other times exciting & full of new opportunities. Depends on perspective.  
[#leadfromwithin](#)

[1:31  
am](#)

[jacobnordby](#): @lollydaskal @heart\_path surrender is different from giving up. giving up leads to depression...surrender leads to peace  
[#leadfromwithin](#)

[1:31  
am](#)

[AFC\\_Accounting](#): yes RT @growinggold: whewww - FREEDOM!! RT @LollyDaskal Q5: What does it feel like to let go of outcomes? [#leadfromwithin](#)

[1:31  
am](#)

[lollydaskal](#): letting go is not about surrendering its about allowing and accepting.  
[#leadfromwithin](#)

[1:31](#)

[john\\_paul](#): RT @AFC\_Accounting @StrategicMonk @LollyDaskal "surrender

[am](#) means walking through doorways marked 'I don't know'..."  
#[leadfromwithin](#)

[1:31 am](#) [AFC\\_Accounting:](#) RT @[LollyDaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[1:31 am](#) [scedmonds:](#) A5: My fear may limit my accomplishments/outcomes by forcing me to do the same things over & over. #[leadfromwithin](#)

[1:32 am](#) [AFC\\_Accounting:](#) yes RT @[scedmonds](#): A5: My fear may limit my accomplishments/outcomes by forcing me to do the same things over & over. #[leadfromwithin](#)

[1:32 am](#) [worksmarta:](#) RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[1:32 am](#) [ryanbiddulph:](#) RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[1:32 am](#) [growinggold:](#) RT @[heart\\_path](#) A5: Letting go is learning 2 live fully in the present moment - not attd 2 the past, holding unknown future.  
#[leadfromwithin](#)

[1:32 am](#) [heart\\_path:](#) RT @[worksmarta](#): RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[1:32 am](#) [Leadershipfreak:](#) RT @[scedmonds](#): A5: My fear may limit my accomplishments/outcomes by forcing me to do the same things over & over. #[leadfromwithin](#)

[1:32 am](#) [Im\\_PRHOfection:](#) RT @[JKWleadership](#): Letting go of habits means Im able to step back and OBSERVE that Im habitual; only then can I change my approach~@[scedmonds](#) #[leadfromwithin](#)

[1:32 am](#) [bgreen:](#) RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[1:32 am](#) [My\\_WebEvent:](#) RT @[growinggold](#): @[ncbeachgirl75](#) "Don't spend time beating on a wall, hoping 2 transform it into a door."Coco Chanel <LOVE IT  
#[leadfromwithin](#)

[1:32 am](#) [drsarahwarren:](#) allowing is powerful RT @[worksmarta](#): RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting.  
#[leadfromwithin](#)

[1:33 am](#) [john\\_paul:](#) Saying Yes to what is and what may come is the way of surrender . . .  
#[leadfromwithin](#)

[1:33 am](#) [scedmonds:](#) Q6. Why is letting go so important in your personal life?  
#[leadfromwithin](#)

[1:33 am](#) [VickyVasquez :](#) RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[1:33](#) [heart\\_path:](#) RT @[john\\_paul](#): Saying Yes to what is and what may come is the

[am](#) way of surrender . . . #[leadfromwithin](#)

[1:33 am](#) **[StrategicMonk](#)**: RT @[LollyDaskal](#) letting go is not about surrendering its about allowing and accepting. Which, sooner or later, I will do. #[leadfromwithin](#)

[1:33 am](#) **[thehealthmaven](#)**: RT @[StrategicMonk](#): RT @[LollyDaskal](#) letting go is not about surrendering its about allowing and accepting. Which, sooner or later, I will do. #[leadfromwithin](#)

[1:33 am](#) **[JKWgrowth](#)**: RT @[lollydaskal](#): A5:To simply let go is about allowing and accepting and for many that is a very difficult to accept. #[leadfromwithin](#)

[1:33 am](#) **[coryeigenschenk](#)**: Q6 Allows you to grow #[leadfromwithin](#)

[1:33 am](#) **[lollydaskal](#)**: A6:Sometimes the good cannot begin until the bad ends #[leadfromwithin](#)

[1:33 am](#) **[growinggold](#)**: A5 Letting go of outcomes means full-on creative 'let er rip' have FUN & C what comes! w/rite intention = all works out! #[leadfromwithin](#)

[1:33 am](#) **[heart\\_path](#)**: A6: Letting go is a necessary part of growth, and creates room for new possibilities. #[Leadfromwithin](#)

[1:33 am](#) **[vesebayang](#)**: RT @[FabianPrasetya](#): we avoid letting go because we are not equipped to let go emotionally #[leadfromwithin](#)

[1:34 am](#) **[john\\_paul](#)**: A5: Letting go of the fight and the need to be right, surrendering to the unknown. #[leadfromwithin](#)

[1:34 am](#) **[RickTompkins](#)**: RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[1:34 am](#) **[My\\_WebEvent](#)**: A6: Holding on when it's time to let go holds us back from being all we're intended to be! #[leadfromwithin](#)

[1:34 am](#) **[BurgessCT](#)**: Servant leadership - yes - RT @[John\\_Paul](#): Saying Yes to what is and what may come is the way of surrender . . . #[leadfromwithin](#)

[1:34 am](#) **[helenantholis](#)**: Because it reflects on your business attitudes. RT @[scedmonds](#): Q6. Why is letting go so important in your personal life? #[leadfromwithin](#)

[1:34 am](#) **[lollydaskal](#)**: A6: Without the ability to end things people stay stuck #[leadfromwithin](#)

[1:34 am](#) **[heart\\_path](#)**: Y - we must see things through to their end. RT @[LollyDaskal](#): A6:Sometimes the good cannot begin until the bad ends #[leadfromwithin](#)

[1:34 am](#) **[lollydaskal](#)**: A6: being alive sometimes requires of letting go so you can uproot what you once planted #[leadfromwithin](#)

[1:34 am](#) [worksmarta](#): A6: Letting go in your personal life frees you of stress, worry, and allows you to BE [#leadfromwithin](#)

[1:34 am](#) [heart\\_path](#): RT @[john\\_paul](#): A5: Letting go of the fight and the need to be right, surrendering to the unknown. [#leadfromwithin](#)

[1:34 am](#) [AFC\\_Accounting](#): RT @[LollyDaskal](#): A6: being alive sometimes requires of letting go so you can uproot what you once planted [#leadfromwithin](#)

[1:34 am](#) [scedmonds](#): A6: Letting go, in personal life, allows insight about our behavior & it's impact. [#leadfromwithin](#)

[1:35 am](#) [AFC\\_Accounting](#): RT @[scedmonds](#): A6: Letting go, in personal life, allows insight about our behavior & it's impact. [#leadfromwithin](#)

[1:35 am](#) [therealdjjelly](#): RT @[lollydaskal](#): A6: being alive sometimes requires of letting go so you can uproot what you once planted [#leadfromwithin](#)

[1:35 am](#) [StrategicMonk](#): @[scedmonds](#) It's important because even I cannot always control everything. I am learning to let go as smoothly as I can. [#leadfromwithin](#)

[1:35 am](#) [worksmarta](#): Personal lives reflect on business lives. RT @[helenantholis](#): Because it reflects on your business attitudes [#leadfromwithin](#)

[1:35 am](#) [john\\_paul](#): RT @[scedmondsQ6](#). Why is letting go so important in your personal [#leadfromwithin](#)

[1:35 am](#) [MRS\\_SOCIALITE](#): RT @[lollydaskal](#): A6: being alive sometimes requires of letting go so you can uproot what you once planted [#leadfromwithin](#)

[1:35 am](#) [Leadershipfreak](#): Clinging creates anchors that drain energy and discourage the heart [#leadfromwithin](#)

[1:35 am](#) [ggci](#): so true RT @[LollyDaskal](#): A6: being alive sometimes requires of letting go so you can uproot what you once planted [#leadfromwithin](#)

[1:35 am](#) [f8ithgal](#): RT @[lollydaskal](#): A6: being alive sometimes requires of letting go so you can uproot what you once planted [#leadfromwithin](#)

[1:35 am](#) [goddesspower](#): RT @[LollyDaskal](#): Q5: What does it feel like to let go of outcomes? [#leadfromwithin](#) LOVE!!

[1:36 am](#) [AFC\\_Accounting](#): yes so true! RT @[Leadershipfreak](#): Clinging creates anchors that drain energy and discourage the heart [#leadfromwithin](#)

[1:36 am](#) [lollydaskal](#): AMEN! RT @[Leadershipfreak](#): Clinging creates anchors that drain energy and discourage the heart [#leadfromwithin](#)

[1:36 am](#) [growinggold](#): letting go allows space FOR the present moment's gifts to BE RT @[scedmonds](#) Q6: Why is letting go so imp't in ur personal life? [#leadfromwithin](#)

[1:36 am](#) [drsarahwarren](#): Q6 I had 2 shed my marriage so I cd reinvent myself by findg a cause, then catalyze others to share in rewards of a cause.

[#leadfromwithin](#)

[1:36 am](#)

**[scedmonds](#)**: Right on the mark! RT @Leadershipfreak: Clinging creates anchors that drain energy and discourage the heart [#leadfromwithin](#)

[1:36 am](#)

**[john\\_paul](#)**: A6: Letting go creates room for growth. [#leadfromwithin](#)

[1:36 am](#)

**[heart\\_path](#)**: Very true. RT @Leadershipfreak: Clinging creates anchors that drain energy and discourage the heart [#leadfromwithin](#)

[1:36 am](#)

**[JKWleadership](#)**: If you don't let go of the past - you can not move towards your future. A6 [#leadfromwithin](#)

[1:36 am](#)

**[helenantholis](#)**: A6. When you are personally liberated, you share the same approach in business. [#leadfromwithin](#)

[1:36 am](#)

**[julibee430](#)**: RT @john\_paul: Saying Yes to what is and what may come is the way of surrender . . . [#leadfromwithin](#)

[1:36 am](#)

**[lollydaskal](#)**: Q7. Why is letting go so important in your business life? [#leadfromwithin](#)

[1:36 am](#)

**[jacobnordby](#)**: RT @lollydaskal: AMEN! RT @Leadershipfreak: Clinging creates anchors that drain energy and discourage the heart [#leadfromwithin](#)

[1:36 am](#)

**[AFC\\_Accounting](#)**: exactly ! RT @John\_Paul: A6: Letting go creates room for growth. [#leadfromwithin](#)

[1:37 am](#)

**[ryanbiddulph](#)**: RT @john\_paul: A6: Letting go creates room for growth. [#leadfromwithin](#)

[1:37 am](#)

**[scedmonds](#)**: FAB. RT @drsarahwarren: Q6 I had 2 shed my marriage so I cd reinvent myself by findg a cause, then catalyze others to share! [#leadfromwithin](#)

[1:37 am](#)

**[john\\_paul](#)**: RT @lollydaskal Q7. Why is letting go so important in your business life? [#leadfromwithin](#)

[1:37 am](#)

**[Leadershipfreak](#)**: RT @john\_paul: A6: Letting go creates room for growth. [#leadfromwithin](#)

[1:37 am](#)

**[helenantholis](#)**: It allows growth and creativity to help others. RT @lollydaskal: Q7. Why is letting go so important in your business life? [#leadfromwithin](#)

[1:37 am](#)

**[MEGSocial](#)**: RT @lollydaskal: AMEN! RT @Leadershipfreak: Clinging creates anchors that drain energy and discourage the heart [#leadfromwithin](#)

[1:37 am](#)

**[worksmarta](#)**: A7: Letting go in business life means being open to suggestions and perspectives other than your own. [#leadfromwithin](#)

[1:38 am](#)

**[sweatymama](#)**: RT @lollydaskal: A5:To simply let go is about allowing and accepting and for many that is a very difficult to accept. [#leadfromwithin](#)

[1:38 am](#) [heart\\_path](#): RT @worksmarta: A7: Letting go in business life means being open to suggestions and perspectives other than your own. #leadfromwithin

[1:38 am](#) [growinggold](#): A6 letting go - in all parts of life - is all about CREATING open SPACE for what is fresh & new TO grow! #leadfromwithin

[1:38 am](#) [lollydaskal](#): A7: By "letting go" of what doesn't work you are "giving it up" to succeed more. #leadfromwithin

[1:38 am](#) [scedmonds](#): A7: I don't have control of MANY things in life (bus/pers) so letting go enables me to observe, breathe, act. #leadfromwithin

[1:38 am](#) [AFC\\_Accounting](#): RT @scedmonds: A7: I don't have control of MANY things in life (bus/pers) so letting go enables me to observe, breathe, act. #leadfromwithin

[1:38 am](#) [scedmonds](#): YES! RT @worksmarta: A7: Letting go in business life means being open to suggestions and perspectives other than your own. #leadfromwithin

[1:38 am](#) [LindaLongWrites](#): RT @lollydaskal: A7: By "letting go" of what doesn't work you are "giving it up" to succeed more. #leadfromwithin

[1:38 am](#) [My\\_WebEvent](#): RT @worksmarta: A7: Letting go in business life means being open to suggestions and perspectives other than your own. <YES! #leadfromwithin

[1:39 am](#) [eazalie](#): Letting go feels like failure but is a significant step towards success and new growth. #leadfromwithin

[1:39 am](#) [heart\\_path](#): Yes! RT @eazalie: Letting go feels like failure but is a significant step towards success and new growth. #leadfromwithin

[1:39 am](#) [lollydaskal](#): good one! @worksmarta: A7: Letting go in business life means being open to suggestions and perspectives other than your own. #leadfromwithin

[1:39 am](#) [scedmonds](#): A7: Letting go in business life enables new perspective, possibly innovative solutions to emerge! #leadfromwithin

[1:39 am](#) [john\\_paul](#): Q7: Letting go is a way of being fluid in your professional/business life. Nothing sticks to you. #leadfromwithin

[1:40 am](#) [StrategicMonk](#): @LollyDaskal We can hold only so much; if we are not able to let go, there is a limit to what more we can learn and gain. #leadfromwithin

[1:40 am](#) [growinggold](#): if we don't let go n "clear the space" there's no room for what is waiting to grow, bloom, become ANEW all around us #leadfromwithin

[1:40 am](#) [lollydaskal](#): A7: If your business isn't getting you the results you want you must let go of what is not working. #leadfromwithin

[1:40 am](#) [helenantholis](#): Right! RT [@john\\_paul](#): Q7: Letting go is a way of being fluid in your professional/business life. Nothing sticks to you. [#leadfromwithin](#)

[1:40 am](#) [3peakcoaching](#): RT [@lollydaskal](#): A7: If your business isn't getting you the results you want you must let go of what is not working. [#leadfromwithin](#)

[1:40 am](#) [worksmarta](#): Great RT [@john\\_paul](#): Q7: Letting go is a way of being fluid in your professional/business life. Nothing sticks to you. [#leadfromwithin](#)

[1:40 am](#) [thehealthmaven](#): A 7 Some are much more in tune with themselves as an employee, so finding their real voice again is a tremendous gift [#leadfromwithin](#)

[1:40 am](#) [john\\_paul](#): A6: Fluidity and flexibility are key aspects and means for managing change in organizational life. [#leadfromwithin](#)

[1:40 am](#) [awriterchick](#): RT [@lollydaskal](#): A7: By "letting go" of what doesn't work you are "giving it up" to succeed more. [#leadfromwithin](#)

[1:41 am](#) [growinggold](#): RT [@LollyDaskal](#) A7: By "letting go" of what doesn't work you are "giving it up" to succeed more. [#leadfromwithin](#)

[1:41 am](#) [phillipswindle](#): RT [@lollydaskal](#): good one! [@worksmarta](#): A7: Letting go in business life means being open to suggestions and perspectives other than your own. [#leadfromwithin](#)

[1:41 am](#) [scedmonds](#): A7: Letting go in business life simply means I'm open to other paths towards goal accomplishment. [#leadfromwithin](#)

[1:41 am](#) [OfficeAnything](#): RT [@lollydaskal](#): good one! [@worksmarta](#): A7: Letting go in business life means being open to suggestions and perspectives other than your own. [#leadfromwithin](#)

[1:41 am](#) [regb232](#): RT [@lollydaskal](#): good one! [@worksmarta](#): A7: Letting go in business life means being open to suggestions and perspectives other than your own. [#leadfromwithin](#)

[1:41 am](#) [worksmarta](#): RT [@lollydaskal](#): A7: If your business isnt getting you the results you want you must let go of what is not working. [#leadfromwithin](#)

[1:41 am](#) [helenantholis](#): RT [@StrategicMonk](#): [@LollyDaskal](#) We can hold only so much; if not able to let go, there are limits to learning and gaining. [#leadfromwithin](#)

[1:41 am](#) [regb232](#): RT [@john\\_paul](#): Q7: Letting go is a way of being fluid in your professional/business life. Nothing sticks to you. [#leadfromwithin](#)

[1:41 am](#) [drsarahwarren](#): true RT [@StrategicMonk](#): [@LollyDaskal](#) We can hold only so much; if not able to let go there is a limit to what we can learn. [#leadfromwithin](#)

[1:41 am](#) [3peakcoaching](#): RT [@lollydaskal](#): A6: Without the ability to end things people stay stuck [#leadfromwithin](#)

[1:41](#) [StrategicMonk](#): RT [@LollyDaskal](#) A7: By "letting go" of what doesn't work you are

[am](#) "giving it up" to succeed more. And also of what does work!  
#[leadfromwithin](#)

[1:41 am](#) [7ssam](#): RT @[eazelie](#): Letting go feels like failure but is a significant step towards success and new growth. #[leadfromwithin](#)

[1:42 am](#) [3peakcoaching](#): RT @[Leadershipfreak](#): RT @[scedmonds](#): A5: My fear may limit my accomplishments/outcomes by forcing me to do the same things over & over. #[leadfromwithin](#)

[1:42 am](#) [growinggold](#): RT @[LollyDaskal](#) Q7. Why is letting go so important in your business life? #[leadfromwithin](#)

[1:42 am](#) [heart\\_path](#): Letting go from a place of authenticity is liberating. Honoring the self empowers you to #[Leadfromwithin](#)

[1:42 am](#) [thehealthmaven](#): RT @[StrategicMonk](#): RT @[LollyDaskal](#) A7: By "letting go" of what doesn't work you are "giving it up" to succeed more. And also of what does work! #[leadfromwithin](#)

[1:42 am](#) [worksmarta](#): RT @[7ssam](#): RT @[eazelie](#): Letting go feels like failure but is a significant step towards success and new growth. #[leadfromwithin](#)

[1:42 am](#) [My\\_WebEvent](#): RT @[worksmarta](#): RT @[lollydaskal](#): A7: If your business isn't getting the results you want, must let go of what isn't working. #[leadfromwithin](#)

[1:42 am](#) [lollydaskal](#): RT @[7ssam](#): RT @[eazelie](#): Letting go feels like failure but is a significant step towards success and new growth. #[leadfromwithin](#)

[1:42 am](#) [KiraMing](#): RT @[JKWleadership](#): Letting go of habits means I'm able to step back and OBSERVE that I'm habitual; only then can I change my approach~@[scedmonds](#) #[leadfromwithin](#)

[1:43 am](#) [helenantholis](#): RT @[heart\\_path](#): Letting go from a place of authenticity is liberating. Honoring the self empowers you to #[leadfromwithin](#)

[1:43 am](#) [lollydaskal](#): A7: In business endings often are absolute necessities for turnarounds and for growth #[leadfromwithin](#)

[1:43 am](#) [growinggold](#): A7 letting go in biz is all about allowing Gr8r innovation, improvement... from what/how I'm doing it now, to what it CAN be #[leadfromwithin](#)

[1:43 am](#) [Sean\\_Chris](#): RT @[LollyDaskal](#): A7: If your business isn't getting you the results you want you must let go of what is not working. #[leadfromwithin](#)

[1:43 am](#) [StrategicMonk](#): @[StrategicMonk](#) @[LollyDaskal](#) A7: We cannot hold on to what has always worked before; we need to let go to go beyond that. #[leadfromwithin](#)

[1:43 am](#) [john\\_paul](#): Sometimes there is a thin line between being persistent and letting go. #[leadfromwithin](#)

[1:43](#) [natureandyou](#): RT @[lollydaskal](#): A7: In business endings often are absolute



am necessities for turnarounds and for growth #[leadfromwithin](#)

1:43 am **[scedmonds](#)**: SO TRUE! RT @[lollydaskal](#): A7: In business endings often are absolute necessities for turnarounds and for growth #[leadfromwithin](#)

1:44 am **[lollydaskal](#)**: A7: When we fail to let go of things circumstances situations we r destined to repeat mistakes that keep us from moving on #[leadfromwithin](#)

1:44 am **[heart\\_path](#)**: RT @[lollydaskal](#): A7: When we fail to let go of things circumstances situations we r destined to repeat mistakes that keep us from moving on #[leadfromwithin](#)

1:44 am **[helenantholis](#)**: RT @[john\\_paul](#): Sometimes there is a thin line between being persistent and letting go. #[leadfromwithin](#)

1:44 am **[scedmonds](#)**: And stubbornness? (been told that) RT @[john\\_paul](#): Sometimes there is a thin line between being persistent and letting go. #[leadfromwithin](#)

1:45 am **[regb232](#)**: RT @[lollydaskal](#): A7: When we fail to let go of things circumstances situations we r destined to repeat mistakes that keep us from moving on #[leadfromwithin](#)

1:45 am **[scedmonds](#)**: Q8. How do you let go of emotions and beliefs that hinder you? #[leadfromwithin](#)

1:45 am **[john\\_paul](#)**: RT @[scedmonds](#) @[john\\_paul](#) And stubbornness? < - HA HA HA - yes and that too! :) #[leadfromwithin](#)

1:46 am **[john\\_paul](#)**: RT @[scedmonds](#) Q8. How do you let go of emotions and beliefs that hinder you? #[leadfromwithin](#)

1:46 am **[helenantholis](#)**: Wlth questions about truth. RT @[scedmonds](#): Q8. How do you let go of emotions and beliefs that hinder you? #[leadfromwithin](#)

1:46 am **[worksmarta](#)**: A8: Consistently talk to myself about what to do. #[leadfromwithin](#)

1:46 am **[heart\\_path](#)**: A8: writing is essential to my processing of emotions and outdated beliefs. #[leadfromwithin](#)

1:46 am **[lollydaskal](#)**: letting go causes fear and fear is an infliction which causes you restriction #[leadfromwithin](#)

1:47 am **[JKWleadership](#)**: When I let go of business ideas that don't work, I have more time for the ideas that will. A7 #[leadfromwithin](#)

1:47 am **[Leadershipfreak](#)**: Letting go of emotions includes first embracing them. #[leadfromwithin](#)

1:47 am **[heart\\_path](#)**: Yes! RT @[Leadershipfreak](#): Letting go of emotions includes first embracing them. #[leadfromwithin](#)

1:47 **[growinggold](#)**: SO true! RT @[John\\_Paul](#) Sometimes there is a thin line between

[am](#) being persistent and letting go. #[leadfromwithin](#)

[1:47 am](#) **[MabelitahJB](#)**: RT @[lollydaskal](#): letting go causes fear and fear is an infliction which causes you restriction #[leadfromwithin](#)

[1:47 am](#) **[scedmonds](#)**: A8: I have to accept how my beliefs hinder/hurt my effectiveness. Once there, I'm able to more easily change 'em. #[leadfromwithin](#)

[1:47 am](#) **[john\\_paul](#)**: A8: It's like chocolate cake . . . i know how much i love the stuff but its just not doing me any good. #[leadfromwithin](#)

[1:47 am](#) **[worksmarta](#)**: Absolutely RT @[heart\\_path](#): Yes! RT @[Leadershipfreak](#): Letting go of emotions includes first embracing them. #[leadfromwithin](#)

[1:47 am](#) **[JKWleadership](#)**: I let go of the things that hold me back by getting excited about the things that will move me forward. A8 #[leadfromwithin](#)

[1:48 am](#) **[eazelie](#)**: We can only hold so much at one time. Letting go of selected ideas/plans/goals/strategies frees us to grasp new ones. #[leadfromwithin](#)

[1:48 am](#) **[heidisutherlin](#)**: RT @[JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward. A8 #[leadfromwithin](#)

[1:48 am](#) **[worksmarta](#)**: A8: Understand emotions and beliefs - WHY you think that way - then take action #[leadfromwithin](#)

[1:48 am](#) **[scedmonds](#)**: Mmm. Cake. RT @[john\\_paul](#): A8: Its like chocolate cake; i know how much i love the stuff but its just not doing me any good. #[leadfromwithin](#)

[1:48 am](#) **[Leadershipfreak](#)**: RT @[JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward. #[leadfromwithin](#)

[1:48 am](#) **[lollydaskal](#)**: A8:RT @[JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward #[leadfromwithin](#)

[1:48 am](#) **[StrategicMonk](#)**: @[scedmonds](#) A8: I need to spend time in silence, solitude. #[leadfromwithin](#)

[1:48 am](#) **[scedmonds](#)**: RT @[JKWleadership](#): I let go of the things holding me back by getting excited about the things that will move me forward. A8 #[leadfromwithin](#)

[1:48 am](#) **[PeterMis](#)**: RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[1:49 am](#) **[heart\\_path](#)**: A8: I have to get my ego out of the way and tune into my heart. Fear lives in the ego. Faith and hope live in the heart. #[Leadfromwithin](#)

[1:49 am](#) **[scedmonds](#)**: Fabulous point! RT @[worksmarta](#): A8: Understand emotions and beliefs - WHY you think that way - then take action #[leadfromwithin](#)

[1:49 am](#) **[KateNasser](#)**: RT [@Leadershipfreak](#): RT [@JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward. [#leadfromwithin](#)

[1:49 am](#) **[growinggold](#)**: now space FOR new idea! RT [@JKWleadership](#) When I let go of biz ideas that don't work, I have more time 4 ideas that will A7 [#leadfromwithin](#)

[1:49 am](#) **[helenantholis](#)**: [@scedmonds](#) [@john\\_paul](#) Oh no, not chocolate!!! [#leadfromwithin](#)

[1:49 am](#) **[diana\\_d1n](#)**: RT [@JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward. A8 [#leadfromwithin](#)

[1:49 am](#) **[scedmonds](#)**: Reflection time is SO key. RT [@StrategicMonk](#): [@scedmonds](#) A8: I need to spend time in silence, solitude. [#leadfromwithin](#)

[1:49 am](#) **[thehealthmaven](#)**: RT [@john\\_paul](#): A8:how very true! It's like chocolate cake . . . i know how much i love the stuff but its just not doing [#leadfromwithin](#)

[1:49 am](#) **[drsarahwarren](#)**: did someone say chocolate! RT [@helenantholis](#): [@scedmonds](#) [@john\\_paul](#) Oh no, not chocolate!!! [#leadfromwithin](#)

[1:49 am](#) **[heart\\_path](#)**: RT [@scedmonds](#): Reflection time is SO key. RT [@StrategicMonk](#): [@scedmonds](#) A8: I need to spend time in silence, solitude. [#leadfromwithin](#)

[1:49 am](#) **[worksmarta](#)**: mmm chocolate RT [@scedmonds](#): Mmm. Cake. RT [@john\\_paul](#): A8: Its like chocolate cake... [#leadfromwithin](#)

[1:49 am](#) **[lollydaskal](#)**: A MUST! RT [@scedmonds](#): Reflection time is SO key. RT [@StrategicMonk](#): [@scedmonds](#) A8: I need to spend time in silence solitude [#leadfromwithin](#)

[1:50 am](#) **[growinggold](#)**: RT [@scedmonds](#) Q8. How do you let go of emotions and beliefs that hinder you? [#leadfromwithin](#)

[1:50 am](#) **[regb232](#)**: RT [@lollydaskal](#): A MUST! RT [@scedmonds](#): Reflection time is SO key. RT [@StrategicMonk](#): [@scedmonds](#) A8: I need to spend time in silence solitude [#leadfromwithin](#)

[1:50 am](#) **[scedmonds](#)**: SO POWERFUL! RT [@heart\\_path](#): A8: Fear lives in the ego. Faith and hope live in the heart. [#leadfromwithin](#)

[1:50 am](#) **[lollydaskal](#)**: Q9: What is holding you back from creating a better future? [#leadfromwithin](#)

[1:50 am](#) **[StrategicMonk](#)**: [@LollyDaskal](#) I find that I need to get space from even the ideas that work well, to give myself room to find newer ones. [#leadfromwithin](#)

[1:51 am](#) **[john\\_paul](#)**: A8: Become an observer, detach and allow things to flow . . . along with the noise will come an answer. [#leadfromwithin](#)

[1:51 am](#) [johnreece](#): RT @lollydaskal: A MUST! RT @scedmonds: Reflection time is SO key. RT @StrategicMonk: @scedmonds A8: I need to spend time in silence solitude #leadfromwithin

[1:51 am](#) [thebankshow](#): RT @Leadershipfreak: RT @JKWleadership: I let go of the things that hold me back by getting excited about the things that will move me forward. #leadfromwithin

[1:51 am](#) [lollydaskal](#): RT @scedmonds: SO POWERFUL! RT @heart\_path: A8: Fear lives in the ego. Faith and hope live in the heart. #leadfromwithin

[1:51 am](#) [heart\\_path](#): Yes - RT @John\_Paul: A8: Become an observer, detach and allow things to flow . . . along with the noise will come an answer. #leadfromwithin

[1:51 am](#) [john\\_paul](#): RT @lollydaskal Q9: What is holding you back from creating a better future? #leadfromwithin

[1:52 am](#) [helenantholis](#): The willingness to let go? RT @lollydaskal: Q9: What is holding you back from creating a better future? #leadfromwithin

[1:52 am](#) [KnowledgeBishop](#): If you aren't getting results, you must LET GO of what isn't working. h/t @LollyDaskal #leadfromwithin

[1:52 am](#) [regb232](#): RT @StrategicMonk: @LollyDaskal I find that I need to get space from even the ideas that work well, to give myself room to find newer ones. #leadfromwithin

[1:52 am](#) [worksmarta](#): A9: Fear, unknown, control, stress, worry, chocolate. #leadfromwithin

[1:52 am](#) [regb232](#): RT @lollydaskal: RT @scedmonds: SO POWERFUL! RT @heart\_path: A8: Fear lives in the ego. Faith and hope live in the heart. #leadfromwithin

[1:52 am](#) [thehealthmaven](#): RT @Leadershipfreak: RT @JKWleadership: I let go of the things that hold me back by getting excited about the things that will move me forward. #leadfromwithin

[1:53 am](#) [myprissy010](#): RT @Leadershipfreak: RT @JKWleadership: I let go of the things that hold me back by getting excited about the things that will move me forward. #leadfromwithin

[1:53 am](#) [john\\_paul](#): A9: reality, i keep trying to face it . . . ;- ) #leadfromwithin

[1:53 am](#) [myprissy010](#): RT @Leadershipfreak: Letting go of emotions includes first embracing them. #leadfromwithin

[1:53 am](#) [eazellie](#): Letting go seems reactive but is best when done proactively. Don't wait until the decision is made for you. #leadfromwithin

[1:53 am](#) [heart\\_path](#): A9: Perhaps sometimes we are afraid - not of our smallness & failures, but of the greatness that lies within each of us. #Leadfromwithin

[1:53 am](#) **[myprissy010](#)**: RT @Leadershipfreak: Clinging creates anchors that drain energy and discourage the heart #leadfromwithin

[1:53 am](#) **[scedmonds](#)**: A9: my assumed constraints about "right-ness," control definitely hold me back building a better future! #leadfromwithin

[1:53 am](#) **[lollydaskal](#)**: RT @worksmarta: A9: Fear, unknown, control, stress, worry, chocolate.< you made me laugh! #leadfromwithin

[1:53 am](#) **[thehealthmaven](#)**: @knowledgebishop and, if you are not doing good, I'd insert that in too :) #leadfromwithin

[1:53 am](#) **[sweetpinkjam](#)**: RT @lollydaskal: A4:The natural reaction to letting go is to feel fear #leadfromwithin

[1:54 am](#) **[drsarahwarren](#)**: me too! RT @LollyDaskal: RT @worksmarta: A9: Fear, unknown, control, stress, worry, chocolate.< u made me laugh! #leadfromwithin

[1:54 am](#) **[StrategicMonk](#)**: RT @heart\_path: A9: Perhaps sometimes we are afraid - not of our smallness & failures, but of the greatness that lies within each of us. #Leadfromwithin

[1:54 am](#) **[CBaybee12](#)**: RT @lollydaskal: letting go is not about surrendering its about allowing and accepting. #leadfromwithin

[1:54 am](#) **[XtyMiller](#)**: RT @john\_paul: A8: Become an observer, detach and allow things to flow . . . along with the noise will come an answer. #leadfromwithin

[1:55 am](#) **[worksmarta](#)**: A9: Holding me back from a better future: Believing that it can be better. #leadfromwithin

[1:55 am](#) **[heart\\_path](#)**: Letting go requires vision for the future. #Leadfromwithin

[1:55 am](#) **[drsarahwarren](#)**: fear of success is underestimated RT @heart\_path: A9: Perhaps sometimes we are afraid of the greatness that lies within #Leadfromwithin

[1:55 am](#) **[scedmonds](#)**: BRILLIANT. RT @heart\_path: A9: Perhaps sometimes we are afraid of the greatness that lies within each of us. #leadfromwithin

[1:55 am](#) **[worksmarta](#)**: @drsarahwarren @LollyDaskal :) #leadfromwithin

[1:55 am](#) **[growinggold](#)**: A8 Reflection! in uncover-to-awareness process old belief transforms via truth that surfaces - makes way for NEW belief #leadfromwithin

[1:55 am](#) **[lollydaskal](#)**: RT @heart\_path: Letting go requires vision for the future. #leadfromwithin

[1:55 am](#) **[myprissy010](#)**: RT @Leadershipfreak: RT @scedmonds: A5: My fear may limit my accomplishments/outcomes by forcing me to do the same things over & over. #leadfromwithin

1:56 am **john\_paul:** RT @[heart\\_path](#) Letting go requires vision for the future. #[leadfromwithin](#)

1:56 am **MagneticSilvia:** Absolutely! RT @[heart\\_path](#): Letting go requires vision for the future. #[Leadfromwithin](#)

1:56 am **scedmonds:** Q10. What can you let go of today that will free up some space for your future? #[leadfromwithin](#)

1:56 am **DidiChokwe:** "@[LollyDaskal](#): Q9: What is holding you back from creating a better future? #[leadfromwithin](#)">me, myself and I - nothing else!

1:56 am **DidiChokwe:** RT @[lollydaskal](#): A8:RT @[JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward #[leadfromwithin](#)

1:56 am **MagneticSilvia:** RT @[scedmonds](#): Q10. What can you let go of today that will free up some space for your future? #[leadfromwithin](#)

1:57 am **My\_WebEvent:** RT @[scedmonds](#): BRILLIANT. RT @[heart\\_path](#): A9: Perhaps sometimes we are afraid of the greatness that lies within each of us. #[leadfromwithin](#)

1:57 am **lollydaskal:** A10: Every letting go of the old is an entry of letting in something new #[leadfromwithin](#)

1:57 am **myprissy010:** RT @[Leadershipfreak](#): Letting go has felt like a death to me. But life seems to emerge after. #[leadfromwithin](#)

1:57 am **scedmonds:** A10: I can let go of my desire to CONTROL & be RIGHT to free up space for a better future. #[leadfromwithin](#)

1:57 am **scedmonds:** SO TRUE. RT @[PointlessPicks](#): A9: Not allowing yourself the opportunity to try something new that you may find to be better #[leadfromwithin](#)

1:57 am **lollydaskal:** A10: Every breath is an opportunity to take in and let go. Take in life and let go of what isnt working #[leadfromwithin](#)

1:57 am **myprissy010:** RT @[Leadershipfreak](#): RT @[lollydaskal](#): A4: The natural reaction to letting go is to feel discomfort #[leadfromwithin](#)

1:57 am **growinggold:** excitement of the new belief takes presedence - old can creep back in - that's when recognition, discipline BIG reqd #[leadfromwithin](#)

1:57 am **scedmonds:** Fabulous! RT @[lollydaskal](#): A10: Every letting go of the old is an entry of letting in something new #[leadfromwithin](#)

1:57 am **StrategicMonk:** RT @[lollydaskal](#): A10: Every letting go of the old is an entry of letting in something new #[leadfromwithin](#)

1:58 am **heart\_path:** RT @[scedmonds](#): Fabulous! RT @[lollydaskal](#): A10: Every letting go of the old is an entry of letting in something new #[leadfromwithin](#)

1:58 **john\_paul:** A9: In the end it comes down to ourselves, we are what holds us

[am](#) back, its a matter of perspective. [#leadfromwithin](#)

[1:58 am](#) [thehealthmaven:](#) Sometimes, good 'ol fashioned fatigue can hold you back! Need to take good care of yourself. [#leadfromwithin](#)

[1:58 am](#) [worksmarta:](#) A10: Let go of naysayers & downers TODAY. And don't let them back in tomorrow. [#leadfromwithin](#)

[1:58 am](#) [helenantholis:](#) Negative thoughts; old ways. RT [@scedmonds](#): Q10. What can you let go of today that will free up some space for your future? [#leadfromwithin](#)

[1:58 am](#) [lollydaskal:](#) Letting go requires loads of compassion for oneself and everyone around you. [#leadfromwithin](#)

[1:58 am](#) [scedmonds:](#) INDEED! RT [@thehealthmaven](#): Sometimes, good ol fashioned fatigue can hold you back! Need to take good care of yourself. [#leadfromwithin](#)

[1:58 am](#) [helenantholis:](#) Right!!!!RT [@worksmarta](#): A10: Let go of naysayers & downers TODAY. And dont let them back in tomorrow. [#leadfromwithin](#)

[1:58 am](#) [scedmonds:](#) BRILLIANT. RT [@worksmarta](#): A10: Let go of naysayers & downers TODAY. And dont let them back in tomorrow. [#leadfromwithin](#)

[1:58 am](#) [lollydaskal:](#) Know that letting go- is the key to your growth and development throughout your life. [#leadfromwithin](#)

[1:59 am](#) [bluepalms4u:](#) RT [@lollydaskal](#): A10: Every breath is an opportunity to take in and let go. Take in life and let go of what isnt working [#leadfromwithin](#)

[1:59 am](#) [john\\_paul:](#) RT [@lollydaskal](#) A10: Every breath is an opportunity to take in and let go. Take in life and let go of what isnt working [#leadfromwithin](#)

[1:59 am](#) [scedmonds:](#) BIG TIME. RT [@thehealthmaven](#): Sometimes, good ol fashioned fatigue can hold you back! Need to take good care of yourself. [#leadfromwithin](#)

[1:59 am](#) [drsarahwarren:](#) RT [@scedmonds](#): INDEED! RT [@thehealthmaven](#): good ol fashioned fatigue can hold u back! Need to take good care of urself. [#leadfromwithin](#)

[1:59 am](#) [heart\\_path:](#) Strength & compassion are keyRT [@LollyDaskal](#): Letting go requires loads of compassion for oneself and everyone around you. [#leadfromwithin](#)

[1:59 am](#) [lollydaskal:](#) RT [@helenantholis](#): Right!!!!RT [@worksmarta](#): A10: Let go of naysayers & downers TODAY. And dont let them back in tomorrow. [#leadfromwithin](#)

[1:59 am](#) [MagneticSilvia:](#) A10: Doubt and thinking small. And trying to figure everything out myself ;- ) [#leadfromwithin](#)

[1:59](#) [Sean\\_Chris:](#) RT [@LollyDaskal](#): RT [@heart\\_path](#): Letting go requires vision for

am the future. [#leadfromwithin](#)

1:59 am [affiliatetips](#): RT @lollydaskal: A10: Every letting go of the old is an entry of letting in something new [#leadfromwithin](#)

1:59 am [VolkJason](#): RT @Leadershipfreak: RT @JKWleadership: I let go of the things that hold me back by getting excited about the things that will move me forward. [#leadfromwithin](#)

1:59 am [DidiChokwe](#): RT @lollydaskal: A3: Learning to let go of old habits, ideas, people who are not serving your best interests, is not an easy task for anyone [#leadfromwithin](#)

1:59 am [drsarahwarren](#): Got to run. Great to meet all of you! I found some new inspirers to follow! [#inspiration](#) [#leadfromwithin](#)

1:59 am [StrategicMonk](#): @scedmonds A10: the comfort of knowing how "the way we have always done it" works. [#leadfromwithin](#)

1:59 am [scedmonds](#): Be willing to open up to possibility, learn new ways, grow in effectiveness by LETTING GO. [#leadfromwithin](#)

1:59 am [john\\_paul](#): RT @scedmonds: Q10. What can you let go of today that will free up some space for your future? [#leadfromwithin](#)

1:59 am [lollydaskal](#): A10: Letting go of unwanted things, habits, attitudes beliefs and even people is an ongoing process [#leadfromwithin](#)

1:59 am [worksmarta](#): Though sometimes naysayers can open your mind to a new idea - [#leadfromwithin](#)

1:59 am [VolkJason](#): RT @Leadershipfreak: Letting go of emotions includes first embracing them. [#leadfromwithin](#)

2:00 am [growinggold](#): AH!... not enuf letting go! :) must be CONSTANT! RT @LollyDaskal Q9: What is holding you back from creating a better future? [#leadfromwithin](#)

2:00 am [MagneticSilvia](#): Yes! RT @scedmonds: Be willing to open up to possibility, learn new ways, grow in effectiveness by LETTING GO. [#leadfromwithin](#)

2:00 am [VolkJason](#): RT @Leadershipfreak: RT @lollydaskal: A4: The natural reaction to letting go is to feel discomfort [#leadfromwithin](#)

2:00 am [socialcues](#): RT @lollydaskal: A10: Letting go of unwanted things, habits, attitudes beliefs and even people is an ongoing process [#leadfromwithin](#)

2:00 am [thehealthmaven](#): RT @lollydaskal: Bravo! Know that letting go- is the key to your growth and development throughout your life. [#leadfromwithin](#)

2:00 am [scedmonds](#): Absolutely! RT @MagneticSilvia: A10: Doubt and thinking small. And trying to figure everything out myself ;-) [#leadfromwithin](#)

2:00 [lollydaskal](#): @drsarahwarren THANK YOU so much for joining us see you next



am week. [#leadfromwithin](#)

[2:00 am](#) **[scedmonds](#)**: TY Sarah! RT [@drsarahwarren](#): Got to run. Great to meet all of you! I found some new inspirers to follow! [#inspiration](#) [#leadfromwithin](#)

[2:00 am](#) **[heart\\_path](#)**: RT [@lollydaskal](#): A10: Letting go of unwanted things, habits, attitudes beliefs and even people is an ongoing process [#leadfromwithin](#)

[2:01 am](#) **[lollydaskal](#)**: Tonight was fantastic. [@scedmonds](#) i loved co hosting with you. [#leadfromwithin](#)

[2:01 am](#) **[helenantholis](#)**: [@drsarahwarren](#) You too Sarah! Bye [#leadfromwithin](#)

[2:01 am](#) **[growinggold](#)**: RT [@scedmonds](#) Q10. What can you let go of today that will free up some space for your future? [#leadfromwithin](#)

[2:01 am](#) **[HolySmHoke](#)**: RT [@lollydaskal](#): Know that letting go- is the key to your growth and development throughout your life. [#leadfromwithin](#)

[2:01 am](#) **[john\\_paul](#)**: q10: When i need some space, i let go of the noise outside and find a quiet place inside where i can be me. [#leadfromwithin](#)

[2:01 am](#) **[heart\\_path](#)**: Wonderful and insightful as always. So timely, too! Thank you all... [#Leadfromwithin](#)

[2:01 am](#) **[scedmonds](#)**: Terrific discussion, colleagues! Wonderful insights on the power of letting go - [#leadfromwithin](#)

[2:01 am](#) **[Koomba303](#)**: RT [@lollydaskal](#): Know that letting go- is the key to your growth and development throughout your life. [#leadfromwithin](#)

[2:01 am](#) **[lollydaskal](#)**: Each and everyone here tonight you were so smart, brilliant and filled with such clarity and courage. [#leadfromwithin](#)

[2:01 am](#) **[lollydaskal](#)**: My heart is singing. [#leadfromwithin](#)

[2:02 am](#) **[heart\\_path](#)**: :)RT [@John\\_Paul](#): q10: When i need some space, i let go of the noise outside and find a quiet place inside where i can be me. [#leadfromwithin](#)

[2:02 am](#) **[My\\_WebEvent](#)**: A10: Learning to trust the process of letting go is key! [#leadfromwithin](#)

[2:02 am](#) **[twojohnson](#)**: RT [@Leadershipfreak](#): RT [@lollydaskal](#): RT [@worksmarta](#): A1: To let go means to stop dwelling on things you cant change [#leadfromwithin](#)

[2:02 am](#) **[sweetpinkjam](#)**: RT [@lollydaskal](#): A6: being alive sometimes requires of letting go so you can uproot what you once planted [#leadfromwithin](#)

[2:02 am](#) **[lollydaskal](#)**: Next week [@kevineikenberry](#) is our co host at [#leadfromwithin](#) See you next week. [#leadfromwithin](#)

[2:02 am](#) **[thehealthmaven](#)**: @[scedmonds](#) heartfelt, as always #[leadfromwithin](#)

[2:02 am](#) **[lollydaskal](#)**: All the art of living lies in a fine mingling of letting go and holding on.? ? Havelock Ellis #[leadfromwithin](#)

[2:02 am](#) **[StrategicMonk](#)**: RT @[lollydaskal](#): A10: Every breath is an opportunity to take in and let go. Take in life and let go of what isnt working #[leadfromwithin](#)

[2:02 am](#) **[growinggold](#)**: A10 holding onto OLD plans... be present with TODAY... grow and cont 2develop that which is right/best w/what is NOW #[leadfromwithin](#)

[2:03 am](#) **[My\\_WebEvent](#)**: Thanks for a very uplifting tweetchat tonight! #[leadfromwithin](#)

[2:03 am](#) **[lollydaskal](#)**: Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)

[2:03 am](#) **[MagneticSilvia](#)**: Too bad I couldn't jump in earlier, what an inspirational group! @[LollyDaskal](#) - you rock! #[leadfromwithin](#) is the best tweet chat ever!

[2:03 am](#) **[john\\_paul](#)**: RT @[lollydaskal](#) My heart is singing. #[leadfromwithin](#) < - sweet, we are there with you. #[leadfromwithin](#)

[2:03 am](#) **[scedmonds](#)**: Terrific discussion, colleagues! Wonderful insights on the power of letting go - #[leadfromwithin](#) #[leadfromwithin](#)

[2:03 am](#) **[CBaybee12](#)**: RT @[lollydaskal](#): A10: Letting go of unwanted things, habits, attitudes beliefs and even people is an ongoing process #[leadfromwithin](#)

[2:03 am](#) **[growinggold](#)**: RT @[JKWleadership](#) I let go of the things that hold me back by getting excited about the things that will move me forward A8 #[leadfromwithin](#)

[2:03 am](#) **[lollydaskal](#)**: Allowing and accepting are really part of letting go #[leadfromwithin](#)

[2:03 am](#) **[MagneticSilvia](#)**: RT @[lollydaskal](#): Next week @[kevineikenberry](#) is our co host at #[leadfromwithin](#) See you next week. #[leadfromwithin](#)

[2:03 am](#) **[helenantholis](#)**: @[lollydaskal](#) Thank you...another great night. See you next week. #[leadfromwithin](#)

[2:03 am](#) **[\\_4Karen](#)**: RT @[LollyDaskal](#): All the art of living lies in a fine mingling of letting go and holding on.? ? Havelock Ellis #[leadfromwithin](#)

[2:03 am](#) **[worksmarta](#)**: Fantastic lovely chatters as always! Have a great evening! Thank you @[lollydaskal](#) & @[scedmonds](#) #[leadfromwithin](#)

[2:03 am](#) **[ThaLady](#)**: RT @[john\\_paul](#): A9: In the end it comes down to ourselves, we are what holds us back, its a matter of perspective. #[leadfromwithin](#)

[2:03 am](#) **[heart\\_path](#)**: RT @[worksmarta](#): Fantastic lovely chatters as always! Have a great evening! Thank you @[lollydaskal](#) & @[scedmonds](#) #[leadfromwithin](#)

[2:03 am](#) **[john\\_paul](#)**: RT @[lollydaskal](#) All the art of living lies in a fine mingling of letting go and holding on.? ? Havelock Ellis #[leadfromwithin](#)

[2:03 am](#) **[dtookes](#)**: RT @[lollydaskal](#): A10: Letting go of unwanted things, habits, attitudes beliefs and even people is an ongoing process #[leadfromwithin](#)

[2:04 am](#) **[JasonEscape](#)**: Brilliant. RT @[LollyDaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)

[2:04 am](#) **[CausesEffects](#)**: RT @ [\\_4Karen](#) @[LollyDaskal](#): All the art of living lies in a fine mingling of letting go and holding on.? ? Havelock Ellis #[leadfromwithin](#)

[2:04 am](#) **[growinggold](#)**: every moment! THNK U! RT @[LollyDaskal](#) Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)

[2:04 am](#) **[wickedlychic](#)**: RT @[lollydaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)

[2:05 am](#) **[PRuuPH](#)**: RT @[LollyDaskal](#) Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)

[2:05 am](#) **[john\\_paul](#)**: Goodnight, leadfromwithiners. It is hard to let you go - sweet dreams! #[leadfromwithin](#)

[2:05 am](#) **[growinggold](#)**: SO true! RT @[LollyDaskal](#) A10: Letting go of unwanted things, habits, attitudes beliefs and even people is an ongoing process #[leadfromwithin](#)

[2:06 am](#) **[MagneticSilvia](#)**: Very true! RT @[Leadershipfreak](#): Letting go of emotions includes first embracing them. #[leadfromwithin](#)

[2:06 am](#) **[scedmonds](#)**: Night, Helen! RT @[helenantholis](#): @[lollydaskal](#) Thank you...another great night. See you next week. #[leadfromwithin](#)

[2:06 am](#) **[CoryGiles](#)**: RT @[lollydaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)

[2:07 am](#) **[CoryGiles](#)**: RT @[lollydaskal](#): All the art of living lies in a fine mingling of letting go and holding on.? ? Havelock Ellis #[leadfromwithin](#)

[2:07 am](#) **[My\\_WebEvent](#)**: Pertinent Blog: Her motto was gratitude, even in letting go: <http://mycancerandme.blogspot.com/> #[leadfromwithin](#)

[2:07 am](#) **[scedmonds](#)**: You, too, John! RT @[john\\_paul](#): Goodnight, leadfromwithiners. It is hard to let you go - sweet dreams! #[leadfromwithin](#)

[2:07 am](#) **[CoryGiles](#)**: RT @[lollydaskal](#): Allowing and accepting are really part of letting go #[leadfromwithin](#)

[2:07 am](#) [regb232](#): RT @[MagneticSilvia](#): Very true! RT @[Leadershipfreak](#): Letting go of emotions includes first embracing them. #[leadfromwithin](#)

[2:07 am](#) [growinggold](#): RT @[MagneticSilvia](#) 2bad I cldn't jump in earlier what an inspirational grp! @[LollyDaskal](#) u rock! #[leadfromwithin](#) is best tweet chat ever!

[2:07 am](#) [scedmonds](#): TYSM! RT @[worksmarta](#): Fantastic lovely chatters as always! Have a great evening! Thank you @[lollydaskal](#) & @[scedmonds](#) #[leadfromwithin](#)

[2:08 am](#) [JeanneMale](#): @[mckralg](#) Great to "see" you - happy editing. To your question: Thinking #[tchat](#) may be concurrent with #[leadershipchat](#) . #[leadfromwithin](#)

[2:08 am](#) [growinggold](#): Thanks YOU #[leadfromwithin](#) ... great chat, again! Letting go...every moment!

[2:08 am](#) [MagneticSilvia](#): @[scedmonds](#) Thank you for great questions! Lots of food for the thought from tonight... #[leadfromwithin](#)

[2:09 am](#) [KristenSkogrand](#): RT @[lollydaskal](#): Allowing and accepting are really part of letting go #[leadfromwithin](#)

[2:09 am](#) [brian\\_beighley](#): RT @[lollydaskal](#): letting go is not about surrendering its about allowing and accepting. #[leadfromwithin](#)

[2:09 am](#) [KristenSkogrand](#): RT @[lollydaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)

[2:09 am](#) [KristenSkogrand](#): RT @[lollydaskal](#): A10: Letting go of unwanted things, habits, attitudes beliefs and even people is an ongoing process #[leadfromwithin](#)

[2:10 am](#) [scedmonds](#): RT @[MagneticSilvia](#): @[scedmonds](#) Thank you for great questions! Lots of food for the thought from tonight... #[leadfromwithin](#)

[2:10 am](#) [scedmonds](#): Gracias! RT @[MagneticSilvia](#): @[scedmonds](#) Thank you for great questions! Lots of food for the thought from tonight... #[leadfromwithin](#)

[2:10 am](#) [growinggold](#): aw, u r so sweet! thanks for bein here! RT @[John\\_Paul](#) Goodnight, leadfromwithiners. It is hard to let you go - sweet dreams! #[leadfromwithin](#)

[2:11 am](#) [lakeboy16](#): RT @[lollydaskal](#): Allowing and accepting are really part of letting go #[leadfromwithin](#)

[2:12 am](#) [lakeboy16](#): RT @[lollydaskal](#): Next week @[kevineikenberry](#) is our co host at #[leadfromwithin](#) See you next week. #[leadfromwithin](#)

[2:12 am](#) [growinggold](#): letting go makes room for what is sitting right here in your creative capacity, every moment, waiting to grow anew in you! #[leadfromwithin](#)

[2:12 am](#) **[beesweet12](#)**: RT [@lollydaskal](#): letting go is not about surrendering its about allowing and accepting. [#leadfromwithin](#)

[2:14 am](#) **[MPM\\_MediaGroup](#)**: RT [@LollyDaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. [#leadfromwithin](#)

[2:15 am](#) **[lollydaskal](#)**: RT [@helenantholis](#): [@lollydaskal](#) Thank you...another great night. See you next week. <Tonight was filled with so much wisdom [#leadfromwithin](#)

[2:15 am](#) **[growinggold](#)**: Ditto! RT [@worksmarta](#) Fantastic lovely chatters as always! Have a great evening! Thank you [@lollydaskal](#) & [@scedmonds](#) [#leadfromwithin](#)

[2:16 am](#) **[AdriMoraless](#)**: RT [@lollydaskal](#): RT [@helenantholis](#): [@lollydaskal](#) Thank you...another great night. See you next week. <Tonight was filled with so much wisdom [#leadfromwithin](#)

[2:16 am](#) **[DeeLaRayMc](#)**: RT [@beesweet12](#): RT [@LollyDaskal](#): letting go is not about surrendering its about allowing and accepting. [#leadfromwithin](#)

[2:16 am](#) **[lollydaskal](#)**: TY! always great to see u! RT [@worksmarta](#) Fantastic lovely chatters as always! Have a great evening! [#leadfromwithin](#)

[2:18 am](#) **[miss\\_messica](#)**: RT [@lollydaskal](#): Allowing and accepting are really part of letting go [#leadfromwithin](#)

[2:19 am](#) **[MaridelBowes](#)**: RT [@LollyDaskal](#) Allowing and accepting are really part of letting go [#leadfromwithin](#)

[2:20 am](#) **[richardharmer](#)**: The inner path of leadership RT [@Leadershipfreak](#): Letting go of emotions includes first embracing them. [#leadfromwithin](#)

[2:20 am](#) **[mayracortesfl](#)**: RT [@JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward. A8 [#leadfromwithin](#)

[2:20 am](#) **[texasvintage](#)**: RT [@lollydaskal](#): Allowing and accepting are really part of letting go [#leadfromwithin](#)

[2:23 am](#) **[RGRamsay](#)**: RT [@Leadershipfreak](#): RT [@lollydaskal](#): RT [@worksmarta](#): A1: To let go means to stop dwelling on things you cant change [#leadfromwithin](#)

[2:23 am](#) **[thehealthmaven](#)**: [@scedmonds](#) I think that a great many are going through this change right now, so, it was a good discussion, Lea [#leadfromwithin](#)

[2:23 am](#) **[a\\_praiser](#)**: RT [@Leadershipfreak](#): RT [@lollydaskal](#): RT [@worksmarta](#): A1: To let go means to stop dwelling on things you cant change [#leadfromwithin](#)

[2:24 am](#) **[freelance2u](#)**: RT [@MagneticSilvia](#): Absolutely! RT [@heart\\_path](#): Letting go requires vision for the future. [#Leadfromwithin](#)

[2:25](#) **[Dove11Star](#)**: RT [@lollydaskal](#): letting go is not about surrendering its about

[am](#) allowing and accepting. [#leadfromwithin](#)

[2:26 am](#) **[Dove11Star](#)**: RT [@lollydaskal](#): A3: RT [@JKWleadership](#): Letting go of old habits means trusting YOURSELF. [#leadfromwithin](#)

[2:27 am](#) **[urbandit](#)**: RT [@lollydaskal](#): Allowing and accepting are really part of letting go [#leadfromwithin](#)

[2:27 am](#) **[growinggold](#)**: RT [@LollyDaskal](#) Letting go requires loads of compassion for oneself and everyone around you [#leadfromwithin](#)

[2:27 am](#) **[urbandit](#)**: RT [@lollydaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. [#leadfromwithin](#)

[2:27 am](#) **[epalazzolo](#)**: RT [@LollyDaskal](#) Allowing and accepting are really part of letting go [#leadfromwithin](#)

[2:28 am](#) **[jackvinson](#)**: RT [@KnowledgeBishop](#): If you aren't getting results, you must LET GO of what isn't working. h/t [@LollyDaskal](#) [#leadfromwithin](#)

[2:29 am](#) **[sweetpinkjam](#)**: RT [@lollydaskal](#): Letting go requires loads of compassion for oneself and everyone around you. [#leadfromwithin](#)

[2:33 am](#) **[jamesebosticii](#)**: RT [@lollydaskal](#): letting go is not about surrendering its about allowing and accepting. [#leadfromwithin](#)

[2:34 am](#) **[dolynesaids](#)**: RT [@lollydaskal](#): Know that letting go- is the key to your growth and development throughout your life. [#leadfromwithin](#)

[2:35 am](#) **[JaqStone](#)**: RT [@growinggold](#): letting go makes room for what is sitting right here in your creative capacity, every moment, waiting to grow anew in you! [#leadfromwithin](#)

[2:36 am](#) **[annasloverboy](#)**: RT [@lollydaskal](#): Know that letting go- is the key to your growth and development throughout your life. [#leadfromwithin](#)

[2:36 am](#) **[brunovember](#)**: RT [@lollydaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. [#leadfromwithin](#)

[2:37 am](#) **[brunovember](#)**: RT [@lollydaskal](#): Allowing and accepting are really part of letting go [#leadfromwithin](#)

[2:37 am](#) **[richardharmer](#)**: When was the last time you asked yourself, "What comes naturally to me?" [#leadfromwithin](#)

[2:37 am](#) **[richardharmer](#)**: How is your unique leadership signature showing up today? [#leadfromwithin](#)

[2:37 am](#) **[Soc\\_Innov\\_Init](#)**: How is your unique leadership signature showing up today? [#leadfromwithin](#)

[2:37 am](#) **[theholosgroup](#)**: How is your unique leadership signature showing up today? [#leadfromwithin](#)

[2:38](#) **[JonathanSanche1](#)**: RT [@Leadershipfreak](#): Letting go of emotions includes first

am embracing them. [#leadfromwithin](#)

[2:42 am](#) **[DinoDinosaur1](#)**: RT [@lollydaskal](#): Next week [@kevineikenberry](#) is our co host at [#leadfromwithin](#) See you next week. [#leadfromwithin](#)

[2:44 am](#) **[fpatrick](#)**: RT [@KnowledgeBishop](#): If you aren't getting results, you must LET GO of what isn't working. h/t [@LollyDaskal](#) [#leadfromwithin](#)

[2:44 am](#) **[cyndypatterson](#)**: RT [@lollydaskal](#): A8:RT [@JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward [#leadfromwithin](#)

[2:45 am](#) **[freelance2u](#)**: RT [@MagneticSilvia](#): RT [@scedmonds](#): Q10. What can you let go of today that will free up some space for your future? [#leadfromwithin](#)

[2:45 am](#) **[dolynesaids](#)**: RT [@JKWleadership](#): Letting go of habits means Im able to step back and OBSERVE that Im habitual; only then can I change my approach~[@scedmonds](#) [#leadfromwithin](#)

[2:45 am](#) **[KokSiang](#)**: RT [@lollydaskal](#): Q9: What is holding you back from creating a better future? [#leadfromwithin](#)

[2:48 am](#) **[MonycaRenee](#)**: RT [@lollydaskal](#): A3: Learning to let go of old habits, ideas, people who are not serving your best interests, is not an easy task for anyone [#leadfromwithin](#)

[2:59 am](#) **[SavvyBabii](#)**: Make "letting go" a normal occurrence and a normal part of business and life. [#leadfromwithin](#) RT [@LollyDaskal](#)

[3:08 am](#) **[GrappleSmart](#)**: RT [@SavvyBabii](#): Make "letting go" a normal occurrence and a normal part of business and life. [#leadfromwithin](#) RT [@LollyDaskal](#)

[3:09 am](#) **[ellenfweber](#)**: RT [@lifecruise](#): RT [@SavvyBabii](#): Make "letting go" a normal occurrence and a normal part of business and life. [#leadfromwithin](#) [@LollyDaskal](#)

[3:23 am](#) **[kengkaj\\_s](#)**: RT [@heart\\_path](#): You cannot let go if you are always looking behind you. You must stay forward-focused. [#leadfromwithin](#)

[3:24 am](#) **[scedmonds](#)**: [@helenantholis](#) [@lollydaskal](#) Thank you, Helen - delighted to have you on tonight's [#leadfromwithin](#) tweetchat!

[3:27 am](#) **[growinggold](#)**: [@scedmonds](#) aw, thnk u Chris! great chat tonight ~ provoking, deeply reminding... let go, and all will be GRAND! perfect :) [#leadfromwithin](#)

[3:37 am](#) **[giselle2323](#)**: RT [@lollydaskal](#): letting go is not about surrendering its about allowing and accepting. [#leadfromwithin](#)

[3:38 am](#) **[giselle2323](#)**: RT [@KokSiang](#): RT [@lollydaskal](#): Q9: What is holding you back from creating a better future? [#leadfromwithin](#)

[3:39 am](#) **[giselle2323](#)**: RT [@lollydaskal](#): A10: Letting go of unwanted things, habits, attitudes beliefs and even people is an ongoing process [#leadfromwithin](#)

[3:40 am](#) **[giselle2323](#)**: RT [@scedmonds](#): A5: Letting go of outcomes is a way to be fully present, awaiting possibility! [#leadfromwithin](#)

[3:42 am](#) **[giselle2323](#)**: RT [@lollydaskal](#): RT [@scedmonds](#): SO POWERFUL! RT [@heart\\_path](#): A8: Fear lives in the ego. Faith and hope live in the heart. [#leadfromwithin](#)

[3:50 am](#) **[cegepta](#)**: RT [@giselle2323](#): RT [@lollydaskal](#): RT [@scedmonds](#): SO POWERFUL! RT [@heart\\_path](#): A8: Fear lives in the ego. Faith and hope live in the heart. [#leadfromwithin](#)

[3:52 am](#) **[scedmonds](#)**: @[AGoodIDo](#) Terrific - please come by every week, Tuesdays 8-9pm EST for the [#LeadFromWithin](#) tweet chats!

[3:52 am](#) **[HowellMarketing](#)**: ?[@LollyDaskal](#): Allowing and accepting are really part of letting go [#leadfromwithin](#)

[3:52 am](#) **[SherriRene1](#)**: RT [@LollyDaskal](#): letting go is not about surrendering its about allowing and accepting. [#leadfromwithin](#)

[3:54 am](#) **[giselle2323](#)**: @[LollyDaskal](#) Thank you Lolly. Tonight's chat was inspiring! [#leadfromwithin](#)

[3:58 am](#) **[kimberlykeith](#)**: RT [@HowellMarketing](#): ?[@LollyDaskal](#): Allowing and accepting are really part of letting go [#leadfromwithin](#)

[4:04 am](#) **[growinggold](#)**: @[LollyDaskal](#) bless you, and thank you Lolly! you hold a great space at [#leadfromwithin](#) always great!

[4:05 am](#) **[KnowledgeBishop](#)**: Kindness Transcends Constraints: A customer experience blog post <http://su.pr/2fb6sc> [#leadfromwithin](#) [#cxp](#) [#cem](#)

[4:07 am](#) **[DennisInOttawa](#)**: RT [@lollydaskal](#): A5:To simply let go is about allowing and accepting and for many that is a very difficult to accept. [#leadfromwithin](#)

[4:12 am](#) **[kengkaj\\_s](#)**: RT [@LollyDaskal](#): A5:To simply let go is about allowing and accepting and for many that is a very difficult to accept. [#leadfromwithin](#)

[4:12 am](#) **[MarkFidelman](#)**: RT [@knowledgebishop](#): Kindness Transcends Constraints: A customer experience blog post <http://su.pr/2fb6sc> [#leadfromwithin](#) [#cxp](#) [#cem](#)

[4:20 am](#) **[drsarahwarren](#)**: thanks for hosting. good chat. RT [@LollyDaskal](#): @[drsarahwarren](#) THANK YOU so much for joining us see you next week. [#leadfromwithin](#)

[4:28 am](#) **[Irmeyer747](#)**: RT [@markfidelman](#): RT [@knowledgebishop](#): Kindness Transcends Constraints: A customer experience blog post <http://su.pr/2fb6sc> [#leadfromwithin](#)

[4:37 am](#) **[jamesebosticii](#)**: RT [@lollydaskal](#): Letting go requires loads of compassion for oneself and everyone around you. [#leadfromwithin](#)



4:37 am **youbloodyripper:** RT @richardharmer: When was the last time you asked yourself, "What comes naturally to me?" #leadfromwithin

4:37 am **jamesebosticci:** RT @lollydaskal: A10: Every breath is an opportunity to take in and let go. Take in life and let go of what isnt working #leadfromwithin

4:42 am **Pastor\_Wa:** RT @KnowledgeBishop: If you aren't getting results, you must LET GO of what isn't working. h/t @LollyDaskal #leadfromwithin

4:44 am **scedmonds:** @growinggold We're building a #leadfromwithin movement, all of us!

4:46 am **lollydaskal:** RT @scedmonds: @growinggold Were building a #leadfromwithin movement, all of us!< YES WE ARE. #leadfromwithin

4:48 am **growinggold:** RT @scedmonds @growinggold We're building a #leadfromwithin movement, all of us! <<aw, u r rite Chris! ...we build the POSITIVE together! :)

4:49 am **growinggold:** RT @lollydaskal: RT @scedmonds: @growinggold Were building a #leadfromwithin movement, all of us!< YES WE ARE. #leadfromwithin

4:50 am **lollydaskal:** @growinggold @scedmonds #Leadfromwithin is a movement with heart, courage and passion. < that is a meaningful movement! #leadfromwithin

4:51 am **growinggold:** @4KWiz whohoo! u r welcome... LOVE ur bio Kay! great to meet you and so happy you were at #LeadFromWithin tonight! :))

4:54 am **growinggold:** RT @lollydaskal: @growinggold @scedmonds #Leadfromwithin is a movement with heart, courage and passion. < that is a meaningful movement! #leadfromwithin

4:55 am **scedmonds:** RT @LollyDaskal: @growinggold @scedmonds #Leadfromwithin is a movement with heart, courage and passion. < that is a meaningful movement!

4:55 am **growinggold:** @LollyDaskal SO accurate... heart, courage and passion! wow... now THAT is a movement... and THAT is leadership! ~beautiful! #leadfromwithin

5:01 am **JenniferHaus:** RT @lollydaskal: the human heart will seek to be known, understood and connected. #leadfromwithin

5:04 am **alexissavino:** RT @lollydaskal: RT @scedmonds: @growinggold Were building a #leadfromwithin movement, all of us!< YES WE ARE. #leadfromwithin

5:08 am **alexissavino:** RT @lollydaskal: A10: Every letting go of the old is an entry of letting in something new #leadfromwithin

5:23 am **phone\_goddess:** Excellent! - RT @LollyDaskal Make "letting go" a normal occurrence and a normal part of business and life. #leadfromwithin

[5:58 am](#) **[Mmshellz](#)**: RT @[Leadershipfreak](#): Letting go has felt like a death to me. But life seems to emerge after. #[leadfromwithin](#)

[5:59 am](#) **[Kelvinkings](#)**: RT @[lollydaskal](#): Know that letting go- is the key to your growth and development throughout your life. #[leadfromwithin](#)

[7:15 am](#) **[lifecoachemily](#)**: RT @[lollydaskal](#): Dr Sydney Finkelstein says, those that have the greatest difficulty abandoning things R often those unable to face reality #[leadfromwithin](#)

[7:29 am](#) **[lollydaskal](#)**: Transcription of #[leadfromwithin](#) tweetchat with @[LollyDaskal](#) & @[scedmonds](#) <http://t.co/aOFcYmq> via

[7:49 am](#) **[john\\_paul](#)**: 2/22/2011 @[LollyDaskal](#)&@[scedmonds](#) | Lolly Daskal Tweetchat - Letting Go <http://t.co/6iUuY3I> via @[lollydaskal](#) #[leadfromwithin](#)

[7:52 am](#) **[john\\_paul](#)**: 2/22/2011 @[LollyDaskal](#) @[scedmonds](#) #[leadfromwithin](#) tweetchat - Letting Go <http://t.co/6iUuY3I>

[9:56 am](#) **[BrilliantWomen](#)**: RT @[lollydaskal](#): Allowing and accepting are really part of letting go #[leadfromwithin](#)

[11:07 am](#) **[bucklefuzz](#)**: RT @[lollydaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)

[12:40 pm](#) **[yourwealth4life](#)**: RT @[John\\_Paul](#) 2/22/2011 @[LollyDaskal](#)&@[scedmonds](#) | Lolly Daskal Tweetchat - Letting Go <http://t.co/6iUuY3I> via @[lollydaskal](#) #[leadfromwithin](#)

[1:33 pm](#) **[kengkaj\\_s](#)**: RT @[worksmarta](#): A7: Letting go in business life means being open to suggestions and perspectives other than your own. #[leadfromwithin](#)

[1:34 pm](#) **[kengkaj\\_s](#)**: RT @[worksmarta](#): A7: Letting go in business life means being open to suggestions and perspectives other than your own. #[leadfromwithin](#)

[1:35 pm](#) **[kengkaj\\_s](#)**: RT @[LollyDaskal](#): A7: By "letting go" of what doesn't work you are "giving it up" to succeed more. #[leadfromwithin](#)

[1:37 pm](#) **[kengkaj\\_s](#)**: RT @[LollyDaskal](#): A7: If your business isn't getting you the results you want you must let go of what is not working. #[leadfromwithin](#)

[1:45 pm](#) **[aprilgregory](#)**: RT @[LollyDaskal](#) A10: Every breath is an opportunity to take in and let go. Take in life and let go of what isnt working #[leadfromwithin](#)

[1:50 pm](#) **[GRCinfo](#)**: RT @[leadershipfreak](#): Clinging creates anchors that drain energy and discourage the heart #[leadfromwithin](#)

[1:50 pm](#) **[FranchisItGames](#)**: RT @[leadershipfreak](#): Clinging creates anchors that drain energy and discourage the heart #[leadfromwithin](#)

[1:50 pm](#) **[marylkurek](#)**: RT @[leadershipfreak](#): Clinging creates anchors that drain energy and discourage the heart #[leadfromwithin](#)

[1:50 pm](#) **[theequest](#)**: RT @[dancinginlife](#): RT @[John\\_Paul](#): Tonight at 8:00 pm EST #[leadfromwithin](#) tweetchat. Goto <http://tweetchat.com> enter the hashtag Join us for GR8Tconversation!

[1:53 pm](#) **[PaulWVoss](#)**: "He is rich or poor according to what he is, not according to what he has." ~Henry Ward Beecher #[quote](#) #[leadfromwithin](#)

[2:30 pm](#) **[Kevin\\_DeSoto](#)**: "Use technology & social networking to help others and use it responsibly" #[BeOriginal](#) #[LeadFromWithin](#) #[KevinDeSoto](#)

[2:37 pm](#) **[Kevin\\_DeSoto](#)**: Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:37 pm](#) **[Marielhemingway](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:38 pm](#) **[Kevingilkes](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:40 pm](#) **[AfaLora](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:40 pm](#) **[GhostWriter556](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:41 pm](#) **[lisaling](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:43 pm](#) **[MadamChe](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:46 pm](#) **[IamVLubin](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:54 pm](#) **[scottehoerle](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[2:58 pm](#) **[LuckyCedarlane](#)**: RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)

[3:09 pm](#) **[worksmarta](#)**: Fabulous #[leadfromwithin](#)-ers @[lollydaskal](#) @[scedmonds](#) @[drsarahwarren](#) @[gotenkaze](#) @[my\\_webevent](#) @[coryeigenschenk](#) @[leadershipfreak](#)

[3:12 pm](#) **[worksmarta](#)**: Fabulous #[leadfromwithin](#)-ers @[growinggold](#) @[john\\_paul](#) @[afc\\_accounting](#) @[tracysadler](#) @[helenantholis](#) @[kengkaj\\_s](#)

@[heart\\_path](#) @[postdivorcecoach](#)

- [3:12 pm](#) [drsarahwarren](#): TY! RT @[worksmarta](#): Fab #[leadfromwithin](#)-ers @[lollydaskal](#) @[scedmonds](#) @[drsarahwarren](#) @[gotenkaze](#) @[my\\_webevent](#) @[coryeigenschenk](#) @[leadershipfreak](#)
- [3:19 pm](#) [luisaotero825](#): RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)
- [3:22 pm](#) [kengkaj\\_s](#): RT @[LollyDaskal](#): Make "letting go" a normal occurrence and a normal part of business and life. #[leadfromwithin](#)
- [3:26 pm](#) [pchistorian](#): RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)
- [3:28 pm](#) [dontbmistaken](#): RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)
- [3:29 pm](#) [STRAYFOOT](#): RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)
- [3:29 pm](#) [StirMyCoffee](#): RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)
- [3:34 pm](#) [imlate](#): RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)
- [3:43 pm](#) [sanchez263anita](#): RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)
- [3:47 pm](#) [My\\_WebEvent](#): RT @[worksmarta](#): Fabulous #[leadfromwithin](#)-ers @[lollydaskal](#) @[scedmonds](#) @[drsarahwarren](#) @[my\\_webevent](#) @[coryeigenschenk](#) @[leadershipfreak](#) THANK U!
- [4:24 pm](#) [theyogaboutique](#): RT @[Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... #[LeadFromWithin](#) #[BeOriginal](#)
- [5:26 pm](#) [Wisework](#): RT @[worksmarta](#): RT @[helenantholis](#): Exactly. RT @[scedmonds](#): A3: Habits can be so ingrained, we dont even know were repeating poor behaviors! #[leadfromwithin](#)
- [5:26 pm](#) [Wisework](#): RT @[worksmarta](#): A3: Letting go of old habits and patterns requires confidence #[leadfromwithin](#)
- [5:28 pm](#) [ramsberyalpha](#): RT @[eugen12](#): RT @[LollyDaskal](#): keep in mind WHY you are doing what you are doing #[leadfromwithin](#)

6:01 pm **dmt52:** RT @Kevin\_DeSoto: Do something kind for someone in your social networking community. It will go a long way.... #LeadFromWithin #BeOriginal

6:13 pm **savhighsmith:** RT @Kevin\_DeSoto: Do something kind for someone in your social networking community. It will go a long way.... #LeadFromWithin #BeOriginal

6:54 pm **rockstachsta:** RT @Kevin\_DeSoto: Do something kind for someone in your social networking community. It will go a long way.... #LeadFromWithin #BeOriginal

7:10 pm **anitabondi:** RT @lollydaskal: nothing great really happens until you move. #leadfromwithin

7:14 pm **suziesateri:** RT @Kevin\_DeSoto: Do something kind for someone in your social networking community. It will go a long way.... #LeadFromWithin #BeOriginal

7:37 pm **Iconic88:** RT @Kevin\_DeSoto: Do something kind for someone in your social networking community. It will go a long way.... #LeadFromWithin #BeOriginal

7:41 pm **prash\_iam:** Do something kind 4 someone in ur social networking community. It will go a long way. #LeadFromWithin #BeOriginal RT @Kevin\_DeSoto @Iconic88

7:47 pm **visitvineyards:** RT @Iconic88: RT @Kevin\_DeSoto: Do something kind for someone in your social networking community. It will go a long way.... #LeadFromWithin #BeOriginal

9:03 pm **rininchico:** RT @Kevin\_DeSoto: Do something kind for someone in your social networking community. It will go a long way.... #LeadFromWithin #BeOriginal

9:05 pm **KnowledgeBishop:** Good leaders get to the heart of the matter: Great leaders get to matters of the heart. #leadfromwithin #quote

9:06 pm **Tzakmlqiel:** RT @KnowledgeBishop: Good leaders get to the heart of the matter: Great leaders get to matters of the heart. #leadfromwithin #quote

9:11 pm **marynabadenhors:** Do not worry much if stones are thrown at you, because stones are only thrown at trees with fruits -anonymous #leadership #leadfromwithin

9:34 pm **lauragraceffa:** RT @marynabadenhors: Do not worry much if stones are thrown at you, because stones are only thrown at trees with fruits -anonymous #leadership #leadfromwithin

9:46 pm **PamSterling:** RT @Iconic88: @Kevin\_DeSoto: Do something kind 4someone in ur social networking community.It will go a long way..#LeadFromWithin #BeOriginal

9:48 pm **coryeigenschenk:** RT @worksmarta: Fabulous #leadfromwithin-ers @lollydaskal @scedmonds @drsarahwarren @gotenkaze @my\_webevent

[@coryeigenschenk](#) [@leadershipfreak](#)

[11:05 pm](#)      **[KnowledgeBishop](#)**: It's not tough FOR a person to hold a grudge: It's tough ON them. [#leadfromwithin](#) [#quote](#)

February 24, 2011

[12:46 am](#)      **[leaderthoughts](#)**: RT [@JKWleadership](#): I let go of the things that hold me back by getting excited about the things that will move me forward. A8 [#leadfromwithin](#)

[2:46 am](#)      **[lovinglyyoursG](#)**: YES ~ RT [@LollyDaskal](#): All the art of living lies in a fine mingling of letting go and holding on.? ? Havelock Ellis [#leadfromwithin](#)

[3:38 am](#)      **[samrflores](#)**: RT [@KnowledgeBishop](#): It's not tough FOR a person to hold a grudge: It's tough ON them. [#leadfromwithin](#) [#quote](#)

[3:41 am](#)      **[samrflores](#)**: RT [@KnowledgeBishop](#): Good leaders get to the heart of the matter: Great leaders get to matters of the heart. [#leadfromwithin](#) [#quote](#)

[4:09 am](#)      **[soylaVERDA](#)**: RT [@lollydaskal](#): [@growinggold](#) [@scedmonds](#) [#Leadfromwithin](#) is a movement with heart, courage and passion. < that is a meaningful movement! [#leadfromwithin](#)

[4:12 am](#)      **[givingthanks](#)**: RT [@lovinglyyoursG](#): YES ~ RT [@LollyDaskal](#): All the art of living lies in a fine mingling of letting go and holding on.? ? Havelock Ellis [#leadfromwithin](#)

[7:12 am](#)      **[FriendforCR](#)**: RT [@ChristineSirett](#): How aware are we of our own inner life, our spirituality--something so intangible yet so priceless? [#leadfromwithin](#) [#BeOriginal](#) [#kamloops](#)

[7:54 am](#)      **[DiplomatArtist](#)**: RT [@ChristineSirett](#): Thoughts are powerful, more people need to use them more wisely. [#leaders](#) [#LeadFromWithin](#) [#kamloops](#) [#Vancouver](#)

[8:00 am](#)      **[Vancouver\\_RT](#)**: RT [@DiplomatArtist](#) RT [@ChristineSirett](#): Thoughts are powerful, more people need to use them more wisely. [#leaders](#) [#LeadFromWithin](#) [#kamloops](#)

[9:10 am](#)      **[ajudithsosa](#)**: RT [@Kevin\\_DeSoto](#): Do something kind for someone in your social networking community. It will go a long way.... [#LeadFromWithin](#) [#BeOriginal](#)

[12:03 pm](#)      **[scedmonds](#)**: TY! RT [@worksmarta](#): Fab [#leadfromwithin](#)-ers [@lollydaskal](#) [@scedmonds](#) [@drsarahwarren](#) [@gotenkaze](#) [@my\\_webevent](#) [@coryeigenschenk](#) [@leadershipfreak](#)

[12:40 pm](#)      **[yourgreatlifetv](#)**: Make "letting go" a normal occurrence and a normal part of business and life. [#leadfromwithin](#) by [@LollyDaskal](#)

[12:53 pm](#)      **[koreafmkyj](#)**: RT [@lollydaskal](#): [@growinggold](#) [@scedmonds](#) [#Leadfromwithin](#) is a movement with heart, courage and passion. < that is a meaningful

movement! [#leadfromwithin](#)

[1:39 pm](#)

**[heart\\_path](#)**: @[worksmarta](#) Thanks so much! It's such a great group and great discussion. [#Leadfromwithin](#)

[6:09 pm](#)

**[eugen12](#)**: RT @[LollyDaskal](#): keep in mind WHY you are doing what you are doing [#leadfromwithin](#)

[6:18 pm](#)

**[leadingincontxt](#)**: RT @[LollyDaskal](#): take responsibility for your reactions and actions. [#leadfromwithin](#)

[7:15 pm](#)

**[alexdarziu](#)**: RT @[scedmonds](#): TY! RT @[worksmarta](#): Fab [#leadfromwithin](#)-ers @[lollydaskal](#) @[scedmonds](#) @[drsarahwarren](#) @[gotenkaze](#) @[my\\_webevent](#) @[coryeigenschenk](#) @[leadershipfreak](#)

[7:57 pm](#)

**[ChristineSirett](#)**: I am thankful for laughter, except when milk comes out of my nose [#leadFromWithin](#) [#Vancouver](#) U need to laugh or life gets hard [#kamloops](#)

[8:05 pm](#)

**[Vancouver\\_RT](#)**: RT @[ChristineSirett](#) I am thankful for laughter, except when milk comes out of my nose [#leadFromWithin](#) U need to laugh or life gets hard