



### *Shedding Unnecessary Baggage*

Imagine, for a moment, you are about to begin a journey of preparing for a long winter. During this time, you know that the days will be shorter, the temperature will be colder, and some of your creature comforts won't be available. What do you want to let go of? What has become too burdensome or unnecessary on your journey?

At some point, it becomes apparent that you have accumulated far too much baggage. You've been lugging it around for far too long and life feels heavy. It's time to unload—drop a few thousand dead leaves and prune a couple hundred branches.

Like nature, you need to clear out the thick brush and rid yourself of things you've been afraid to let go of. It's time to abandon the rules of society that seek to convince you it's not acceptable to speak your truth—to quiet that voice that convinces you to stay uncomfortably comfortable right where you are.

Now is a good time to shed anything that binds you to your indignant and stubborn ways of sabotaging your dreams. **Without pruning, there can be no new growth.**

