

## Trust the Outcome and Let Go of Your Control

**Summary:** *Work hard, but let things in your life play out the way they should instead of trying to force things to go your way.*



Letting go can be very hard for some of us, but working as a team means letting others take responsibility for their part in the work. We obsess over the details, wondering if everyone will be able to get their part done. Perhaps this obsession is built from doing group projects in school where half the group fails to participate or hold up their end, but in the professional world, trust is important.

Working as a team, you should have brainstormed the final project so that there is little room left to mess up. Do what you need to work past the obsession before it ruins you. Obsessing over the small things or even big things can lead you to miss other opportunities. Your mind becomes so focused on one point that you can't see other solutions or chances for improvement.

When you let the obsession become too strong, it may seem easier to just give up. **Trying to control our outcomes** is exhausting, and is impossible to do perfectly. Your perfect job may not actually be the best fit for you or allow for the most growth, but only believing it is will ruin your chances to see a better opportunity when it presents itself.

Having a plan for your future is not a bad thing. Knowing how you want a project or presentation to be is good. Preventing things from turning out the way they should is a problem. Letting go of control in our lives is scary, but it is an important skill to grasp.



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