**10 Reasons to Let Go & Be More Aware of Today**

Letting go of the past and your worries isn’t just good to do, it’s essential for your mental health. Here’s 10 reasons to let go and start to become more aware of today…

**1. It helps you to leave space for something new**

When you let go of the past, it opens space for new experiences. You’ll struggle to make new memories if you are clinging to past ones.

**2. You’ll become stronger**

Letting go of the things that have hurt you and being more aware of today can actually make you stronger. It shows you that you are in control of your happiness.

**3. Feel like a weight has been lifted**

Finally being able to let go of something that you have held onto for years can feel like a huge weight has been lifted. You’ll enjoy life more and appreciate what you have.

**4. Live a more peaceful life**

Clinging onto the past and worrying about the future isn’t Bgoing to bring you peace. By letting it go, you’ll get to live a more peaceful life.

**5. A boost in self-confidence**

Becoming more mindful and overcoming past events can really boost your confidence. You’ll then find it easier to tackle future problems that come along.

**6. You are a slave to your past**

When you are clinging to the past, you are basically its slave. As you are too focused on what has happened, you’ll miss what is actually happening in front of you.

**7. You’ll gain a sense of freedom**

Letting go gives you an awesome sense of freedom. We all want to feel free to live our lives and be happy. You can’t do that if you are constantly worrying.

**8. You will appreciate life**

When you let go and become more aware of the now, you’ll start to appreciate life a lot more.

**9. You’ll enjoy each moment**

The main benefit of letting go of the past and worry over the future, is that you’ll enjoy each moment. This will make you happier overall.

**10. Your stress levels will reduce**

The final reason to let it go and be aware of now, is that your stress levels will reduce. You can’t enjoy your life if you are continuously stressed out.