

Someone has rightly said, I knew that looking back on the tears would make me laugh but I never knew that looking back on the laughs would bring tears.

Memories do come and haunt big time. They tear you apart. Some people do leave and create the void which can never be filled. Some damages can never be repaired. Some pains do linger on till eternity but you have to move on. Sometimes you are weighed down by burdens and your life requires a sudden reboot.

During some of your darkest midnights, when you are severely suicidal and crying uncontrollably in a remote corner, life picks you up and demands a few changes in no time.

Life wants you to upgrade your software and uninstall certain programs so that you can come back to winning ways, yet again.

Uninstalling certain programs simply implies that you need to let go certain memories, habits, traits, emotional attachments and beliefs. You need to understand that it is impossible to fly high without leaving an unnecessary baggage. You need to let go certain things for a better life.

1. Letting go of time travelling

Time travelling to the past gives you haunted memories and countless 'what if' scenarios. Letting go of time travelling ensures that you are also letting go guilt and grudges.

2. Letting go of comparing yourself with others and listening to negative people.

You need to understand that no two individuals are same so stop comparing yourself with others. Not too many people generally believe in your dreams so you also need to stay away from non-believers.

3. Letting go of some battles.

You must need to understand that you are not here to take every battle. Prioritize your passion and chose your battles wisely. This will keep you focused in longer run.

4. Letting go of past heartbreaks

You must take your own time to heal but don't block the healing process by cooking unnecessary scenarios in your mind.

5. Letting go of procrastinating habits

Don't ever carry I will do it tomorrow attitude in your life. Don't surround yourself with unfinished tasks. Learn to finish the jobs in stipulated time frame.

Letting go of these five habits will surely upgrade your software and you will be ready for newer challenges in life.