



# Letting Go...

The act of letting go, or even the thought of letting go, can bring up some big feelings. Positive ones like relief, or negative ones like regret.

This inspirational thought below set off my journey exploring the healthy and positive process of life ~ release, dismissal, escape, flushing out... the letting go!

Explore your thoughts or find inspiration from a friend or Google to finish a thought about Letting Go each day for 30 days using the worksheets below.

## The inspiration:

Letting go doesn't mean you don't care. And letting go is not giving up. It's just acknowledging that the only thing you have control over is yourself in this moment. You're choosing to take control of what you do have power over, instead of craving control over what you don't.

this is from the resources of Marc and Angel

EXAMPLE:

## LETTING GO...

~ helps me remember how most things are not permanent.

~ allows me to see what is holding on when I let go

~ encourages me to assess the value of something

~ opens my hands (and heart) for receiving new experiences

\*\* Feel free to fill the space with as many or as few thoughts each day that you would like \*\*

DAY \_\_

LETTING GO...

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DAY \_\_

LETTING GO...

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LETTING GO...

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# Letting Go...

## When it feels HARD...

The act of letting go, or even the thought of letting go, can bring up some big feelings. Positive ones like relief, or negative ones like regret.

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Explore your thoughts on Letting Go with this guide below

LETTING GO...  
can feel hard when:

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When Letting Go  
is Hard...  
these feelings come up:

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Stories that come to mind:

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What have I learned:

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# Letting Go...

## When it feels EASY...

The act of letting go, or even the thought of letting go, can bring up some big feelings. Positive ones like relief, or negative ones like regret.

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Explore your thoughts on Letting Go with this guide below

LETTING GO...  
can feel easy when:

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When Letting Go  
is easy...  
these feelings come up:

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Stories that come to mind:

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What have I learned:

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# Letting Go...

Is part of life!

All we have is this moment and what we choose to carry into it as well as what we choose to carry away from it. As things need to be let go for one reason or another we may try to hold tighter, we may feel frustration, fear, or relief and closure. Below are a few experiences in life that involve letting go. Please brainstorm other thoughts, events, and pieces of life that include the inevitable process of letting go.

Fill in as many circles as you can

Deadlines

Relationships

Weight

Bad habits

Friendships

Debt

Responsibility

Favorite pair of pants

Pets

Guilt

Outcomes

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