**LETTING GO**

*Identify something you would like to let go of – something that is making you unhappy or frustrated. It may be:*

A belief...
- Maybe one that makes you think you can control things you can’t control, or
- An “I can’t” limitation you have placed on yourself, or
- An expectation, or
- A desire

Or maybe you need to let go of...
- A painful relationship, or
- A job you hate, or
- Your need to control, or
- A feeling, like fear or anger, or
- A worry about the future, or
- Guilt about something from the past, or
- The need for approval from other people

I want to let go of:

*Now ask yourself these questions:*

What does holding on bring me?

How would my life change if I “let go”?

What am I afraid would happen if I “let go”?

How do I want to live my life?