

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?