



Letting Go... COMPLETELY

The act of letting go, or even the thought of letting go, can bring up some big feelings. Positive ones like relief, negative ones like regret, or a combination of something in between. This inspirational thought below set off my journey exploring this healthy and positive process of life ~ release, dismissal, escape, flushing out... the experience of letting go! Explore your thoughts or find inspiration from a friend or maybe just do a Google search. Complete a thought about Letting Go each day for 30 days using the worksheets below.

The Inspirational Quote:

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 MarcandAngel

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

** Fill the space with as many or as few thoughts each day that you would like **

DAY __

LETTING GO...

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COMPLETE ME...



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