

LETTING GO

Letting go usually involves forgiveness or acceptance, whether it's you, someone else, a situation etc. Whatever you're holding onto, is probably hurting or bothering you much more than it does anyone else.

The things we hold onto, grudges, anger, pain etc, tend to cloud our mind and prevent us from being the best we can be. Letting go doesn't mean we condone a situation or behaviour, letting go is about lightening our load.

By letting go of whatever is bothering us, we set ourselves free and get to reclaim that energy back for ourselves.

You can't change the past, but you can learn from it and change how you feel going forwards. Whatever you find it hardest to let go of, is probably what you need to let go of the most!

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List below what you're holding onto, what slows you down, what riles you up and anything that gets in the way of you being the best you can be:

| <i>What do I need to let go of?</i> | <i>What do I gain, from holding on to this?</i> | <i>What do I need to do, to let go of this?</i> |
|---|---|---|
| 1 | 1 | 1 |
| 2 | 2 | 2 |
| 3 | 3 | 3 |
| 4 | 4 | 4 |
| 5 | 5 | 5 |
| 6 | 6 | 6 |
| 7 | 7 | 7 |
| 8 | 8 | 8 |
| 9 | 9 | 9 |
| 10 | 10 | 10 |
| <i>Imagine letting go of everything on this list, how does it feel?</i> | <i>Answer.....</i> | |
| <i>What have I learned about myself from doing this exercise?</i> | <i>Answer.....</i> | |