



The Letting Go Page

A gentle exercise for putting down what you don't want to carry forever.

■ Name it

A thought I keep replaying...

An expectation I am tired of carrying...

Something I cannot control...

■ Understand it

Why has this been difficult to let go of?

What did this experience teach me?

■ Make space

What do I want to make more room for?

One thing I can release today is...