



## Your "Let Go" List

We are bombarded every day with hundreds of choices. Some things are a Yes, others a hell YES, and others a NO. What do you want to let go of this month, this year, and forever? The more we can let go of, the freer we can be. Here are some ideas of things you may want to let go of:

### **"Let Go" list examples:**

Eating when I am not hungry.

Criticizing myself

Blaming others and being a victim

Reacting to life

Rushing and being late

Doing anything that does not FEEL good

Eating sugar

Putting time pressures on myself to accomplish goals

Spending money unconsciously which makes me feel anxious about money

Clutter in any area of my home, office, car and life

Friendships that no longer serve me or friends that cannot play in the light

### **Now write your "Let Go" list:**

