

I SET MYSELF FREE WHEN I RELEASE EMOTIONAL BURDENS.

There is so much to be said for freeing myself from things that weigh me down. ***When I release emotional burdens, I feel like an uncaged bird.***

Emotional burdens come when I remain in a relationship that breaks me instead of building me. Although I sometimes feel the urge to keep going, I recognize the impact on my well-being.

Remaining in a toxic relationship affects my happiness and health. There is great value in deciding to draw a line for the sake of my own physical and emotional wellness.

When I hang out with friends who gossip and express desires for what others have, I feel unfulfilled.

Negative energy dulls my spirit and moves me away from a great existence.

Saying goodbye to uncreative timewasters does my body, mind, and soul good. I feel like there is more space to make a positive impact on the world. When I focus on positive things like spirituality and physical wellness, I feel more accomplished. There is power in letting go.

I embrace the opportunities to be happy and at peace. Those are the times when I am able to live my best life.

Today, I vow to release myself of each thing that is weighing me down emotionally. My days are well spent when I make room for healthy energy. There is beauty in giving myself the space to grow in a meaningful and positive way.

Self-Reflection Questions:

1. What are some of the emotional burdens that I am better off letting go of?

2. How do I know when something is weighing me down?
3. Where do I go to be quiet and introspective?