

LETTING GO SETS ME FREE.

Holding onto the past undermines my happiness and productivity. ***Letting go frees me and allows me to achieve my potential.***

I accept that everything changes. I adjust my expectations and realize that relying on temporary conditions for security is pointless.

I remove the conditions I have been placing on my happiness.

I recognize that some events are beyond my control and accept that letting go is the best option. There are times when I lose sight of what I value. If I wait until the decision is out of my hands, I pay a higher price. By anticipating natural shifts, I make the adjustment easier.

I transform my intentions regarding my relationships with others. I care more about their welfare than how they make me feel.

I examine my thoughts and let go of those that are holding me back. I realize that it is more constructive to manage whatever circumstances arise rather than wishing my life was different.

Letting go is an ongoing process. Starting with small issues trains me to handle bigger challenges. Showing myself that I can survive without cable TV may inspire me to ride my bike to work instead of driving.

My heart is open to new opportunities when I let go. My future appears brighter.

Today, I am more determined than ever to be more flexible. I am ready to let go and start over.

Self-Reflection Questions:

1. What is one possession I could give away today?
2. How can I be content with what I have now?
3. Why does letting go prepare me to receive more?