

# Letting go is joyful

## **Letting go is joyful.**

I make peace with the past. Instead of dwelling on regrets, I am grateful and content with each experience that helps to make me who I am today. **I live in the present moment.**

I practice forgiveness. When I pardon others, I unburden myself.

I challenge self-limiting beliefs. I review my accomplishments and take on new challenges. I build my confidence.

**I accept that some things are outside of my control.** I devote my efforts and energy to activities where I can see results. I work on changing myself, rather than losing sleep over what others are doing.

I cut down on possessions. I sort through junk drawers and closets. I give away items I seldom use. I spend less time cleaning and maintaining things. I make my home more spacious and less stressful.

I shorten my to do list. **I free up time for having fun and hanging out with family and friends.**

I say goodbye to relationships and situations that no longer serve my needs. I seek friends and partners who appreciate me as I am and share my values. I find a new job that allows me to take on more responsibility or enjoy greater balance.

**Today, I free myself from attitudes and habits that hold me back.** I let go and move on.

## **Self-Reflection Questions:**

1. What is the difference between giving up and letting go?
2. What is one thing I can do to simplify my life?
3. Why is quality more important than quantity?