

What do you need to let go of?



Sometimes we are carrying things that no longer serve us, letting go of them can bring renewed energy and enthusiasm.

- Step 1:** Write down everything you would like to let go of in the space below
- Step 2:** Check in that you have learnt all you need to from what you are letting go and ensure you are ready to let it go
- Step 3:** Make peace with what you are letting go, you might say thank you or farewell
- Step 4:** Choose a place for what you are letting go, to go to, it might be into the sky or into the earth
- Step 5:** Close your eyes, visualise releasing what no longer serves you, knowing that it has served its purpose and is ready to go

