NOVA WELLNESS COLLECTION INC.
Let's Heal Together
Thenovahub.net

LET IT GO LIST

DATE _____ **TIME** _____

Release. Make space. Move forward.
Write down what you are ready to release so you can create more room for peace.

1. WHAT AM I CARRYING RIGHT NOW?

_____

_____

_____

_____

2. WHAT AM I READY TO RELEASE?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

3. WHY AM I READY TO LET THIS GO?

_____

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4. WHAT WILL MORE PEACE MAKE ROOM FOR?

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5. ONE SMALL RELEASE STEP I CAN TAKE TODAY

_____

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Releasing is not quitting. It is making space.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.