



= 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?

4. WHAT WILL MORE PEACE MAKE ROOM FOR?

5. ONE SMALL RELEASE STEP I CAN TAKE TODAY



Releasing is not quitting. It is making space.



LET'S HEAL TOGETHER!