

SELF-REFLECTION FOR LETTING GO

Practice this exercise in mindfully letting go. Find a time and space, free from input and distractions, to mindfully consider your emotions, energy output, and life circumstances. Journal or ask yourself these questions during this quiet self-reflection.

What emotions are coming to the surface right now? (Practice mindfulness by noting your emotions non-judgmentally.)

Are my emotions pulling me toward or away from anything?

Has anything run its course in my life that I am struggling to let go of?

Is there anything in my life that takes more effort to hold onto than it would to release?

Are there things in my life I'm putting energy toward that make me feel drained, unappreciated, or resentful?

Mindful Self-Reflection for Emotional Release:

Take a moment of quiet, deep breathing after you've reflected on these questions. Allow yourself time to sit with your thoughts and feelings, non-judgmentally. You can imagine yourself releasing old emotions with every breath out. As you breathe in, welcome new possibilities and actions you can take to let go of what no longer serves the life you want to live.

