

I release
what no longer
serves me.

Letting Go, Building Trust



Close your eyes. Breathe. Let go. Trust what unfolds.

This exercise helps you practice letting go of what is heavy and building trust in yourself, in others, and in a power greater than yourself.

I choose
peace over
worry.

How to Begin

-  1. Get comfortable. Take a few slow deep breaths.
-  2. Close your eyes. Focus on your breath.
-  3. Imagine letting go of anything that feels heavy or unhelpful.
-  4. Now, invite trust in. Trust yourself. Trust life. Trust the journey.
-  5. With your eyes still closed, draw whatever comes to you in the space to the right. There is no right or wrong.

Remember:

You don't have to control the picture.
Just let it flow.




What did you let go of?

Write or draw a few words or symbols.



What did you invite in or trust?

Write or draw a few words or symbols.



Reflection

How did this experience feel?
What did you notice in your body,
mind, or heart?



I am learning to let go of what I cannot control.
I choose to trust the process of my life.