

Letting Go so you can Get Going



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Letting Go is hard sometimes...

There's a lot of talk about 'letting go' of the things that weigh you down, the things that bring you pain, or even the things that just aren't serving you in *any* way.

But how....how do we let go of those things? There's no magic release button to push, no remote to turn off, no light switch we can just flip so we no longer see or feel the things we need to release.

But there are a few things that will help.

Here's 10 ideas to help you let go of the things you need to so you can get on with living your best life.

Letting it go....

- Write it down and burn it.
- Put the words on paper, put the paper in a balloon and release it.
- Write a letter to 'what' or 'who' is holding you back, and mail it to a non-address with no return address.
- Have a mantra of "*whatever you are releasing*" and say it 10 times out loud. Do this as many times as necessary until you feel the weight lifting.
- Tell your best friend about it.
- Write it down and shred the paper, and use the new confetti to celebrate you.
- Have a special treat to celebrate and 'roast' whatever it is you're letting go.

Letting it go....

- Write it down, then dig a hole in the yard (or a field, or anywhere you can), and bury the note. DONE.
- Write it in chalk and pour water over the words.
- Write it on paper and use the paper to wrap seeds in and plant them. Watch something beautiful grow from the negative things.

Will these different ideas work? I have no idea if they will be what your soul needs to release whatever you need to release.

But often, if we have a concrete idea of ways to take action, it's easier to move forward, release what's holding us back, and get on with living our best life!