

## Journal Entry – Letting Go

**Sit quietly for a few moments and ask for awareness of the possessions and other things in your life that no longer serve you.**

What are the things you can do without? Make a list of those that come to mind immediately.

Now pay attention to your emotional responses as you create this list.

Note where there is resistance and where you feel inspired.

Where there is resistance to letting go, gently ask: "Why am I Stuck? What needs to shift? How will I feel once that shift happens?" Exploring these areas of resistance can be life changing.