



Susan Chan at New Horizons Coaching: Moving on by letting go.

What has held you back may be a reaction to something that has happened in the past. Whilst it may be significant to you, it nevertheless is in the past. Time to let go and move on! It is time to leave behind the hurt or anger and leave those barriers behind you once and for all.

What Do I Need To Let Go Of?

Letting go usually involves some form of acceptance or closure – whether for yourself, someone else, or a situation. Whatever you're holding onto, it's probably hurting or bothering you much more than anyone else.

Letting go doesn't mean we forgive or forget a situation or behaviour; it's about lightening our burden. When we let go of whatever is bothering us we set ourselves free and release our energy.

What is necessary is a willingness to let go. You can't change the past, but you can learn from it and change how you feel about the future.

Remember – when you finally let go, you will have an instant feeling of relief and joy.

Completion of the list below may take you several attempts over a number of days or more. It is a start. It will start to raise your awareness.

What do I need to let go of?

1.
2.
3.
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10.

How I will benefit from letting go

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What have I learned about myself from doing this exercise?