

### Let it Go

**Journal:** Explore the things that you're attached to. Think about things that you want to change but are not in your control.

Examples:

1. Hoping to get rid of an illness e.g. depression, anxiety, cancer, chronic pain etc.
2. Wanting others to change e.g. wife (more caring), husband (more loving), kids (more responsible), mom (stop nagging) etc.
3. Relationship: re-establish a relationship with a relative who doesn't want to
4. Forgiveness: maybe you want to be forgiven and they won't
5. Change the past. keep revisiting the past to try to figure out a solution to something that you can't ever change.

You can do this exercise for one thing or for as many as you like by completing the worksheet on the next page.

After you complete your journaling - destroy the paper(s). Let it go!

## MENTAL FREEDOM COURSE

---

Identify 1 thing you're attached to and describe your pain.	How much have you suffered? Describe feelings and emotions. How long have you been holding on to this suffering?	What are benefits of letting it go? How will your life improve if you let go of this stress?