

PRINTABLE AFFIRMATION CARDS FOR LETTING GO



LETTING GO OF MY PAIN HELPS ME HEAL



I FEEL AS LIGHT AS A FEATHER



I FORGIVE THOSE WHO WRONGED ME, FOR MYSELF

I AM FREE



I GENTLY RELEASE MY NEED FOR CONTROL



I HAVE EVERYTHING I NEED

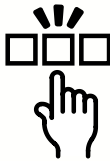


I LET GO OF MY ANGER

I AM FREE FROM WORRY



I TRUST MYSELF



I GET TO CHOOSE MY PRESENT AND MY FUTURE



I AM LIBERATED

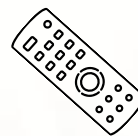
I LET GO OF MY PAIN



I AM UNCHAINED



I RELEASE THE GRUDGES I HELD IN THE PAST



I ACCEPT THAT THERE ARE MANY THINGS I CANNOT CONTROL



I LET GO OF REGRET AND DISAPPOINTMENTS



I ACTIVELY SEEK MY PURPOSE IN LIFE



I SEE A CLUTTER FREE SPACE BEFORE ME



EVERYTHING IS HAPPENING AS IT SHOULD BE



I CHOOSE TO BE FREE FROM HURT, ANGER & HATRED

LETTING GO OF MY THOUGHTS

WHAT ARE SOME ANXIOUS THOUGHTS THAT YOU MIGHT NEED TO LET GO? WRITE THEM BELOW

HONESTY

THOUGHTS TO LET GO:

AWARENESS

THESE THOUGHTS ARE AFFECTING YOUR LIFE BY:

ACTION

ACTION PLAN TO HELP YOU NAVIGATE THESE THOUGHTS:

MY THOUGHTS BEFORE SLEEP

HOW DO YOU FEEL TODAY?
WORRIED? THANKFUL? NERVOUS? HAPPY? ANGRY?
WHY? EMPTY YOUR THOUGHTS BEFORE YOU SLEEP.

EVENING INVENTORY



What wonderful things did you accomplish today?

What was the best part of your day?

What are you most grateful for?

