

Letting Go

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There are things in our life that cause us to get stuck in a rut because we hold on to them and they in turn hold us back from moving forward. A past hurt, a current frustration, a future worry. Almost anything can be preventing us from fully committing to a change and putting that change into action. It is human nature to avoid pain, and if we perceive the pain or discomfort of moving on as worse than the change we end up in a vicious cycle.

Ask yourself what is stopping you from making the change toward meeting one or more of your health goals?

What slows you down?

What causes you worry, stress, or anxiety when thinking about the change?

List anything you think maybe getting in the way.

What do I need to let go of? What's holding me back.

Imagine letting go of everything on this list . How does it feel?

[illegible]

[illegible]



What have I learned about myself through this process?

Which ONE of these will I work on starting RIGHT NOW?

How will I work on the rest?

Pick one each day? or Make a schedule? or Do each one in order? Do the easiest one's first? Do the hardest one first and get it out of the way? Or Let them all go at ONCE!

Do I need to go through a grieving process to fully let go of something or someone?

Do I need more help letting go?

Other notes: