

#18 — THE LETTING GO TO GAIN SHEET

Five questions to help you see what you're actually gaining — not losing — when you release what no longer fits.

Letting go feels like loss at first.

But it is always a return:

to peace, to clarity, to yourself, and to the future that couldn't reach you while your hands were full.

This guide helps you shift from fear of letting go...
to understanding what letting go *gives*.

1. What has holding onto this been costing me?

Not just time.

Energy.

Self-respect.

Sleep.

Opportunities.

Peace.

When you name the cost, letting go stops feeling like loss.

Your thoughts: _____

2. If I let this go, what pressure, weight, or responsibility disappears instantly?

Letting go isn't always emotional —
sometimes it's freedom disguised as a hard choice.

Your thoughts: _____

3. What becomes possible for me once I'm no longer trying to make this fit?

When you stop forcing something,
your real life finally has room to grow.

Your thoughts: _____

4. What version of me gets to emerge once I release this?

Old attachments keep past versions of you alive.
Letting go is how the future version finally steps forward.

Your thoughts: _____

5. If this left my life today, what would I gain immediately — even if I’m afraid to admit it?

Relief.

Space.

Clarity.

Energy.

Direction.

Self-respect.

Name the gain — and the fear loses its grip.

Your thoughts: _____

FINAL REMINDER:

Letting go isn’t abandoning anything.

It’s choosing not to abandon *yourself* for one more season.

What leaves your life creates space for what was always meant for you.