



RELEASE

Day 6

Learn

Let go of what feels heavy. Fire horse energy moves fast, anything that drains you will slow you down.

Letting go is a process that may involve the release of tension in your body, the release of thoughts in your head, the release of emotions from your nervous system, and the release of items in your home.

A guided relaxation session not only helps soften tension it also equips you to practice the techniques on your own at any time.

Downloading your thoughts helps you get some distance from them. Some people use journal prompts and others prefer a blank piece of paper. This is a task that tends to work better with a pen/pencil and paper instead of a computer or phone. Of course if that's inaccessible for you, using voice notes or typing out your thoughts is still valuable.

Learn continued

Pay attention to any friction points in your home and remove them. Some are caused by clutter. Some are the result of disorganisation. Some are literal like drawers that stick when you try and open or close them.

Do

Release the heavy stuff with:

- A guided relaxation where you systematically release tension in your body.
- A thought download where you put your ruminations down on paper.
- A declutter of any area in your home that's causing friction in your daily life.

Share

Share with me via email which action you took.

Daily prizes

Complete today's share task, to win your choice of either a KSC Mindset journal or a guided meditation.

Outcomes

Letting go of tension, spiraling thoughts, and clutter will create spaciousness and a feeling of lightness in your mind, body and environment. It uplifts your spirit.

