The Release List™

A guided reflection worksheet for naming, releasing, and letting go

RELEASE WORKSHEET

Use this worksheet to name what you are carrying, reflect on what it has been costing you, and imagine what might open up if you released it.

TODAY, I AM READY TO RELEASE:

Write the thought, feeling, fear, story, or burden you are ready to name.

I HAVE BEEN HOLDING THIS BECAUSE:

What has kept this with you? Fear, guilt, habit, protection, hope, anger, grief, expectation?

WHAT HAS THIS BEEN COSTING ME?

Think about your energy, peace, time, confidence, relationships, creativity, or ability to move forward.

WHAT DO I KNOW NOW THAT I DID NOT KNOW BEFORE?

Write one truth, lesson, realization, or shift.

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CONTINUE THE RELEASE

WHAT DO I WANT TO KEEP FROM THIS EXPERIENCE?

Strength, wisdom, clarity, boundaries, compassion, courage, or something else.

WHAT AM I WILLING TO LET GO OF NOW?

Name what you are releasing in your own words.

ONE SMALL STEP I CAN TAKE AFTER THIS RELEASE IS:

Keep it simple. One call, one boundary, one rest, one decision, one breath, one next move.

MY RELEASE STATEMENT:

Start with: Today, I release...

The Release List is not therapy, and it is not a substitute for mental health care, counseling, or professional support. This worksheet is a guided writing and reflection tool designed to help you name, release, and revisit your thoughts in your own time.

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