



LET THAT SH*T GO™

A Chronicles of Alexis Release & Rebuild Worksheet

Dear Sis,

Before you can **become her**, there are a few things you're going to have to stop carrying.

Not because they weren't real.

Not because they didn't hurt.

Not because they didn't matter.

But because they are heavy.

And you've got too much life left to live dragging **dead weight** behind you.

Today we're taking inventory.

And we're letting some sh*t go.

PART 1: WHAT IS CURRENTLY DRAINING ME?

Check all that apply:

- ☐ People who only call when they need something
- ☐ Relationships that confuse me more than they comfort me
- ☐ Trying to prove my worth

- ☐ Being everything for everybody
 - ☐ Comparing myself to other women
 - ☐ Guilt
 - ☐ Shame
 - ☐ Perfectionism
 - ☐ Fear of failure
 - ☐ Fear of success
 - ☐ The version of me that no longer exists
 - ☐ Situationships
 - ☐ Unrealistic expectations
 - ☐ Burnout
 - ☐ Overthinking
 - ☐ Other: _____
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PART 2: WHAT AM I TIRED OF CARRYING?

Finish the sentence:

I am tired of...

PART 3: THE PEOPLE I NEED TO RELEASE

Name someone who constantly drains your energy.

(No, we're not mailing this to them.)

How do they make you feel?

- ☐ Exhausted
- ☐ Anxious

- ☐ Confused
- ☐ Unappreciated
- ☐ Angry
- ☐ Small
- ☐ Invisible
- ☐ Not Good Enough
- ☐ Other: _____

What boundary do you need?

PART 4: THE LIES I'M RETIRING

What stories have you been telling yourself?

Examples:

- *I'll never get it together.*
- *I'm too old.*
- *I'm too broken.*
- *I'm behind.*
- *No one chooses me.*
- *I always fail.*

Write yours:

Now rewrite them.

PART 5: THINGS THAT ARE NO LONGER MY RESPONSIBILITY

Circle every single one that applies.

- ☐ Saving grown adults
- ☐ Reading minds
- ☐ Fixing everyone else's problems
- ☐ Explaining my boundaries
- ☐ Shrinking myself to make others comfortable
- ☐ Carrying relationships alone
- ☐ Being available 24/7
- ☐ Managing everyone's emotions
- ☐ Setting myself on fire to keep others warm
- ☐ Auditioning for love
- ☐ Convincing people to value me
- ☐ Being perfect
- ☐ Other: _____

PART 6: FUNERAL FOR THE OLD ME

Today we gather to lovingly lay to rest:

- ☐ People Pleasing Me
- ☐ Survival Mode Me
- ☐ Burned Out Me
- ☐ Overthinking Me
- ☐ Settling Me
- ☐ Toxic Relationship Me
- ☐ Self-Doubting Me
- ☐ Procrastinating Me
- ☐ Hiding My Light Me
- ☐ Other: _____

She served her purpose.

But she doesn't get to run the show anymore.

PART 7: WHAT AM I MAKING ROOM FOR?

Since we're clearing out the clutter...

What are we welcoming in?

- ☐ Peace
- ☐ Joy
- ☐ Confidence
- ☐ Rest
- ☐ Boundaries
- ☐ Healthy Love
- ☐ Better Habits
- ☐ Fitness
- ☐ Community
- ☐ Healing
- ☐ Financial Freedom
- ☐ Self-Trust
- ☐ Becoming
- ☐ Other: _____

MY OFFICIAL RELEASE STATEMENT

I release the need to:

I release the fear of:

I release what no longer serves me.

Not because it never mattered.

But because I matter too.

THE CHRONICLES DECLARATION

I am no longer carrying things that were never mine to hold.

I am no longer shrinking to fit places I've outgrown.

I am no longer surviving.

I am rebuilding.

I am becoming.

And if something costs me my peace, my health, my sanity, my self-respect, or my growth...

I'm letting that sh*t go.

Signature:

Date:

Heal. Build. Become.

Stop Surviving. Start Becoming.