

I AM LETTING GO OF ...

DATE STARTED / /

AREA OF FOCUS

BODY / HEALTH

SPIRITUALITY

CREATIVITY / LEARNING

ABUNDANCE / FINANCE

RELATIONSHIPS

WORK / PROJECTS

COMMUNITY

CREATE YOUR OWN

NAME IT! WHAT IS IT THAT I NEED TO LET GO OF FOR 2017?

JOURNAL
PROMPT

WHY DO I WANT THIS?

WHAT IS MY CURRENT MINDSET / WAY OF THINKING?

WHAT DO I NEED TO LET GO OF THIS WAY OF THINKING?

HOW WILL I FEEL ONCE I MOVE BEYOND THIS MINDSET?

WHAT COULD I CREATE IF THIS NO LONGER HELD ME BACK?

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