

LETTING GO

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Let go of seeking happiness from outside yourself.	2 Let go of perfection.	3 Let go of lingering false beliefs.
4 Let go of past dramas.	5 Let go of comparing yourself to others.	6 Let go of little annoyances.	7 Let go of past regrets.	8 Let go of grudges towards others.	9 Let go of expectations.	10 Let go of waiting for the right moment.
11 Let go of the need to get everything done at once.	12 Let go of trying to impress people.	13 Let go of limiting beliefs.	14 Let go of anger.	15 Let go of ticking all the boxes on your task list.	16 Let go of self criticism.	17 Let go of the need to please others.
18 Let go of the idea that it's too late to start over.	19 Let go of putting things off.	20 Let go of the guilt that keeps you stuck.	21 Let go of the sadness. Let the tears flow.	22 Let go of needing everyone to like you.	23 Let go of fearing what your intuition is telling you	24 Let go of worry. Just breathe and relax.
25 Let go of the need for everything to be perfect today.	26 Let go of disappointment.	27 Let go of thinking others have it better than you.	28 Let go of thinking that things won't change.	29 Let go of resentment	30 Let go of excuses	31 Let go of the fears that keep you from your best life.