



SESSION #10: LETTING GO

How much more free would you feel if you finally let go of all your past hurts? What if you no longer worried about rejection? What would happen if you lived each day through a lens of love versus survival or acceptance? Perhaps, a powerful shift would take place. Use these activities below to help you examine how you can live an even more free and happy life. Print this page and use a journal for additional space for your responses.

Release Old Hurts

There's no reason to carry old wounds anymore. You suffered them long enough. Learn from them, yes. But now, in the sunlight of a new day, let them go once and for all.

- *Someone who hurt me who I know I need to forgive or stop thinking about is...*
- *A situation that once hurt my heart but ended up teaching me to be a more loving person was...*
- *The best 3 lessons I've learned from my past broken hearts have been...*

Set an Intention to Love

What if it became an intention to "share loving energy" with others? Could you make it a practice?

- *If I added one more question cue to my morning routine, to help me focus on sharing loving energy, what question could I ask myself?*
- *Who needs me to be the most consistent in sharing loving energy with them right now and why?*
- *What situations would prevent me from being my most loving self, and how can I overcome that challenge in the moment?*

Love with Courage

Love isn't always easy. Challenge yourself.

- *If I were even more courageous in showing love and compassion for others, the first thing I would do is...*
- *If I asked my lover for something that I really needed, and did it from a positive place, I would ask them this...*
- *The kind of love that I really want, that I would be willing to work for and ask for, is a love like...*