



“What To Let Go Of” — Worksheet —

Sometimes we find ourselves spinning out
sooooo exhausted from thinking-thinking-thinking
about a situation that just won't resolve. We feel
burnout and debilitation, and we just want to let go
of all of it. But how practical is *that*? Somehow we
have to divide and conquer.

This worksheet summarizes what to let go OF, so
we can just move forward.

3 Takeaways

- 1) Let go of negative emotions in order to connect
with that part of us that's a creative vibrational being
so that we can be guided toward the next steps
- 2) When we're burned out and exhausted and
overwhelmed, that's an indication of not being
connected to the *natural energy* of who we are
- 3) When we align with a more positive vibration,
THEN the solutions we're looking for can find their
way TO us

Biggest Mistake to Avoid

Chitter-chattering and figure-figure-figuring and
ruminating and vacillating ... our higher self doesn't
want us doing this because that doesn't SOLVE
anything ... all it does is perpetuate the negative
situation.

Recommended action?

Create and connect with positive energy (then we
aren't creating from resistance).



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