

Read aloud to yourself 1 time daily for 7 days (read with thought)

TO LET GO TAKES LOVE

To **let go** does not mean to stop caring; it means I can't do it for someone else.

To **let go** is not to cut myself off. It is the realization that I cannot control another.

To **let go** is not to enable, but to allow learning from natural consequences.

To **let go** is to admit powerlessness, which means that the outcome is **not** in my hands.

To **let go** is not to change or blame another. It is to make the most of **myself**.

To **let go** is not to care for, but to care about.

To **let go** is not to fix, but to be supportive.

To **let go** is not to judge, but to allow another to be a human being.

To **let go** is not to be in the middle arranging all the outcomes, but to allow others to affect their own future.

To **let go** is not to be protective. It is to permit another to face reality.

To **let go** is not to deny but to accept.

To **let go** is not to nag, scold, or argue, but to search out **my own** shortcomings and correct them.

To **let go** is not to adjust everything to my desires, but to take each day as it comes and cherish myself in it.

To **let go** is not to criticize and regulate others, but strive to become what **I** dream **I** can be.

To **let go** is not to regret the past, but grow and live for the future.

To **let go** is to fear less and love more.