friday inspiration
JANUARY 12, 2018

Write IN EACH BALLOON ALL THE THINGS YOU WANT TO LET GO OF.

5 BENEFITS OF *letting go*

1. You realize that things sometimes work themselves out when you let go of the uncontrollable.
2. What you desire is often not what you need or even want in the long term.
3. You can embrace the beautiful fact that there are many things in your control, even if this situation isn't one of them.
4. Once you start letting go, you can take a closer look within yourself.
5. As you let go, these negative patterns of behavior will gradually diminish and even disappear completely.

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