

A Gentle Guide to Letting Go

Positive Intention & Reflection Exercise

If life has started to feel a little overgrown, full of thoughts, feelings or possessions you're no longer sure you need — you're in the right place. This isn't a self-help lecture or a list of things to fix. Think of it as a quiet pause, a gentle wander through what's been accumulating and an invitation to make space for what still wants to grow. No rushing, no pressure, just curiosity, care and a few moments of clarity along the way.

Step 1: Clearing the view (Looking honestly at what surrounds you)

Take a moment to pause and look around.

This is an invitation to notice what's been lingering — thoughts, habits or possessions that have quietly stayed in place long after they stopped being useful. There's no judgement here, only gentle curiosity. Think of it as opening a few windows and letting some fresh air in before deciding what comes next.

Ask Yourself:

- What has been weighing on me, even if I can't quite name it?
- What's been sitting untouched, quietly taking up space?
- What thoughts or memories keep returning during quiet moments?
- What am I holding onto that could be passed on?

There's no right or wrong way to approach this. Notice what comes up and feel free to leave the rest. This isn't a test or a task to complete, it's simply a moment of noticing. Often, acknowledging what's present is enough to begin creating a little more space.

Step 2: Pruning with care (Keeping what helps you grow)

This step is about approaching what you've noticed with care.

Before anything is released, it's worth acknowledging the role it once played - even if that role was complicated or difficult. Some things protected you, taught you or helped you get through a particular

season. Pruning isn't about rejection; it's about making thoughtful choices, with gratitude for what's been and clarity about what no longer needs to stay.

Try This:

- Acknowledge its role
- Name the season
- Decide what happens next
- One sentence of closure
- Physical pause
- Benefit check
- Preserve without keeping

This step isn't about forcing a particular feeling. It's about recognising that some experiences have already given what they can. You don't need to relive them in order to honour them. Like returning a library book, the story has been read and you're free to make space for what comes next.

Step 3: Preparing the soil (Making space for what matters)

With a little space made, this step is about tending what matters now. Rather than setting targets or expectations, it invites you to notice what would support your daily life — more ease, more steadiness, more room to breathe. Small choices, repeated gently, are often what help new things take root.

Examples:

- Instead of "I need to be perfect,"
"I don't need to have this all figured out."
- Instead of "I'm afraid of failure,"
"I can learn from what happens, without rushing."
- Instead of "I'm not good enough,"
"I'm allowed to meet myself where I am."

If it helps, you might like to write a few thoughts down. Not as promises or goals but as reminders of what you want to support in your life right now. These can change over time. Growth rarely happens all at once; it unfolds through small, patient choices, made again and again.

Step 4: Tending what matters (Sustaining what supports you)

Planting seeds doesn't require constant attention or certainty. Change tends to take root through consistency rather than effort — small choices, made gently, over time. This step is less about progress and more about presence.

There's no end point here. You may revisit these intentions, revise them, or let them rest. What matters is that you've made space to notice what supports you now, and allowed yourself to move forward with care.