

Letting Go, Forgiveness, and Acceptance



What am I holding onto because letting go feels like losing something?



What resentment keeps taking up space in my mind?



What is within my control here, and what is completely outside it?

What would I like to stop carrying into my next chapter?



What would forgiving myself look like without pretending I made no mistakes?

Is there someone I can forgive without giving them access to me again?

