

LETTING GO AND LEARNING FROM THE PAST

 What past experience am I still carrying into situations that don't actually resemble it?

 What lesson from my past do I want to keep, and what part am I ready to leave behind?

 What mistake do I need to forgive myself for?

 What would I tell my past self about the situation I now understand differently?

 What expectation about how my life "should" have gone am I ready to release?

 What memory still affects the way I see myself today?

 What did a difficult experience teach me about my needs, values, or boundaries?

 What would letting go look like in practice rather than simply telling myself to move on?

