



Date:


14 Days of Releasing

An **inventory of activities** that satisfy an intuitive inkling to *let go of STUFF*.

A **fillable worksheet prompt** for the two week waning moon, after a full moon.

1. **Write a letter** expressing all your feelings and thoughts on the matter. Once finished burn, shred, rip up or bury the letter. This is helpful to get closure on past relationships or situations where you felt harmed or negatively impacted.
2. **Do a Digital Declutter:** Go through your files, folders, hard drive, emails, social media (activities / friends / groups / pages liked etc), email subscriptions, newsletter opt-ins + mobile phone contacts. Delete or archive what you can.
3. **Do a Physical Declutter:** Sort your stuff into three piles – Keep, Maybe and Chuck/Donate. Tackle big jobs in small sections so you don't feel overwhelmed. Ask yourself: *When was the last time I used this item? Does this item bring me joy? What's my track record with this type of item?* Make quick decisions and release unloved possessions to be enjoyed by another owner.

More follows...


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4. **Create a ritual or ceremony** to release the past. This may involve symbolic objects, crystals, candles, incense, music and/or a prayer / invocation. Choose your own Words of Power to release the past.

 5. **Journal, brain dump + doodle:** Put your unfiltered thoughts, about anything that you feel stuck with or have been dwelling on, down on paper. Write in a stream of consciousness, without thinking too much. Your unconscious will reveal what it wants to clear.

 6. **Forgive:** Set yourself a target to forgive anyone or anything you are holding any painful feelings about. Forgiveness is wonderful for attracting abundance. It stops you being trapped in time, attached to the thing that harmed you.

 7. **Talk to your Angels:** Often they are right next to us, only waiting for us to ask for help! Hand your worries and concerns over to them. Then, expect a miracle!

More follows...


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8. **Make the call:** If there's someone you have been avoiding talking to, with whom you need to clear the air, pick up the phone. It might be a simple case of saying "I'm sorry" or "I love you" or "I just want you to be happy". Say your piece + release the outcome with love. You'll feel lighter + more free.

 9. **Review the last 12 months:** Sit down + spend time acknowledging your accomplishments, successes, learnings and challenges over the last year. Writing down your reflections is a valuable source of data, it helps you clarify what you want more of – *and* what you don't want to repeat.

 10. **Slow down, connect to Source + surrender:** When you stay connected to your inner light and source of happiness, it's easier to relinquish control over things that we actually have no control over. We can do this when we slow down.

 11. **Clean your house:** Literally and metaphorically. The state of our surroundings reflect your attitude towards your self and your mental bandwidth. When we neglect to care for what we have, we can subconsciously feel overwhelmed and scattered. For new perspectives, clean your windows.

More follows...

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12. **Say No thank you:** Build up your assertiveness muscle by saying no to events, commitments, activities and people that drain you. Make space in your life for new, more uplifting, people + opportunities to enter your life.

 13. **Have Faith:** Have faith that better things are on the way. It's totally safe to release whatever no longer serves you. Trust your intuition to tell you what needs to be released. Then learn to relax until the next right thing comes along.

 14. **Get clear about what you want:** Once you are clear about what you don't want, make a list of *what would like your new life to be* like. Write your wishes down and create a clearer picture in your mind. Use this exercise to take your mind away from the past, to help manifest the future. Use the space below!

For more self-healing information for HSPs, see www.helloamygarner.com