

#CURATE *your* HAPPY

HAPPY TASK – DAY 4: RELEASE WHAT (AND WHO) NO LONGER SERVES YOU

When you let go of something that no longer serves you, you're making a conscious decision not involve yourself with the people, things and involvements that no longer move you in a forward direction. Of course, letting go is easier said than done, but it's necessary if you're ready to elevate in life.

Today, I want you to make a list of the people, things and involvements that you feel you need to let go of. Here are your categories:

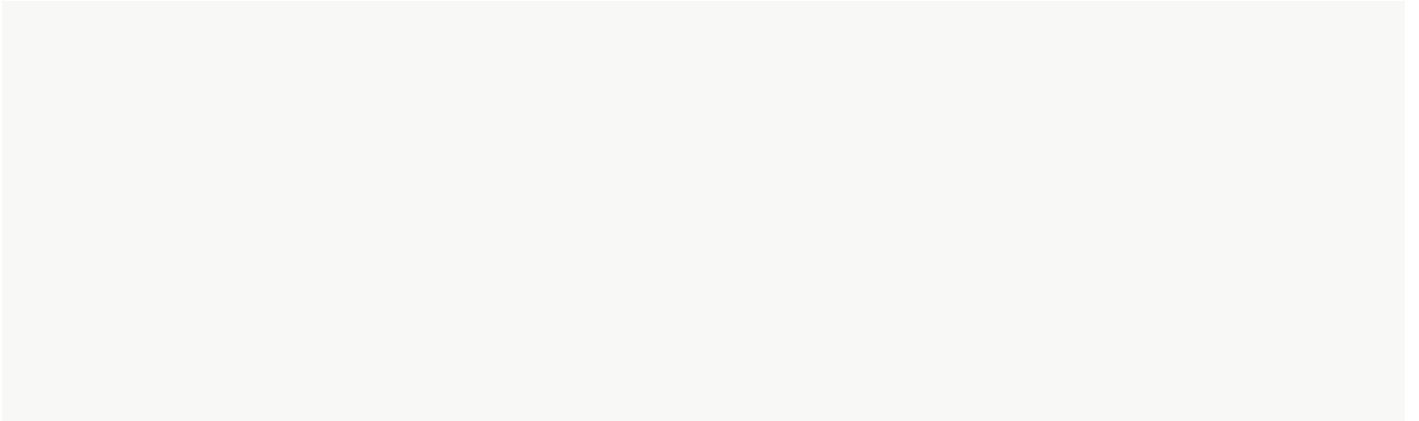
RELATIONSHIPS – BECAUSE SOMETIMES THOSE WE LOVE TAKE MORE THAN THEY GIVE

PERSONAL HABITS & HOBBIES – BECAUSE THE THINGS THAT HELPED OUR PAST, DON'T ALWAYS HELP OUR FUTURE

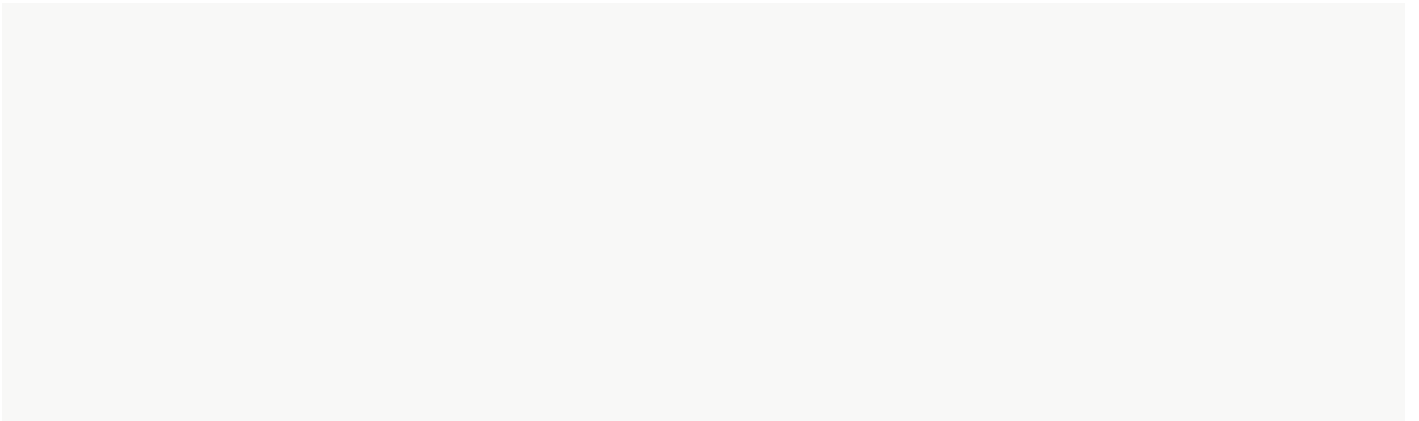
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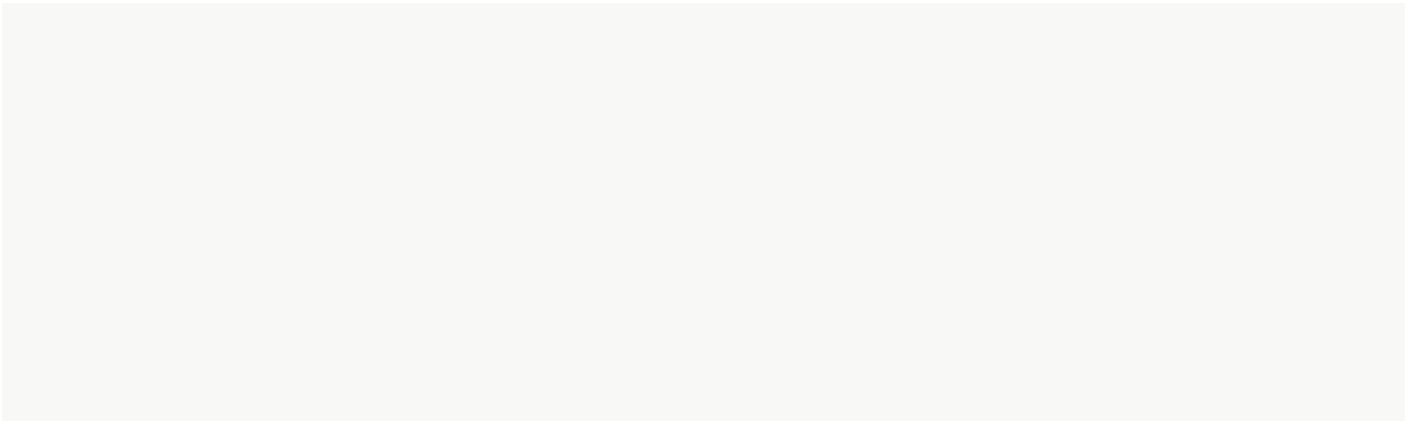
RECREATIONAL ACTIVITIES – BECAUSE IN LIFE... WE GROW UP



PROFESSIONAL INVOLVEMENTS & CONNECTIONS – BECAUSE IN ORDER TO CLIMB THE LADDER OF SUCCESS, YOU HAVE TO SEE THE NEXT LEVEL AND TAKE A STEP TOWARD IT



SENTIMENTAL ITEMS – BECAUSE THE THINGS YOU HOLD ON TO PHYSICALLY WILL HOLD WEIGHT ON YOU EMOTIONALLY



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After you make the list, I want you to officially release them by doing these five things:

1. Acknowledge and be thankful for the purpose that they/it had in your life.
2. Identify the lesson(s) you learned from the experience and how you will do things differently moving forward.
3. Forgive yourself and others for any mistakes that were made.
4. Visualize the freedom you'll feel from letting go.
5. Set your intention to receive greater than what you had.

A large grid of small dots, arranged in approximately 20 rows and 40 columns, intended for writing notes or a list.

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JOURNAL REFLECTION

Need more space? Continue thoughts from today's activity in your own journal and take a deeper dive on the five things you must do to let go.