



DOES IT STAY OR DOES IT GO?

Who or what has been a big influence in your life?

How have you been impacted?

Are you in charge of your life?

What perceptions or influencing beliefs have you been following that may not be yours or are no longer appropriate?

Which beliefs do you need to keep because they support you to live a life with meaning? Take these beliefs and carry them forward.

Is there a belief or value that is important to you that you are not currently living? (Perhaps one that takes the place of a belief that you are releasing?)

What do you need to let go of in order to allow room for what is important to you?

