

“ It is in silence the truth comes. It rises from our eternal glow within. Writing lights the flame. ”



PAGES TO LEAN ON

When you turn away from the screen to write in your Journal, the magic only happens by doing one thing...

BEING TRUE TO YOURSELF.

Be honest with your words. They are yours - they are you.

LETTING GO

- 01 An intro to Letting Go
 - 02 Acceptance
 - 03 *Write in Your Journal*
 - 04 Release
 - 05 *Write in Your Journal*
 - 06 Trust
 - 07 *Write in Your Journal*
 - 08 Living in Freedom
-



INTRODUCTION TO LETTING GO

Letting go is one of the most challenging but liberating practices. As women, we often hold on to relationships, resentments, outdated versions of ourselves, or dreams that need to change because letting go feels like failure or loss. But holding on often creates more suffering than release. Letting go doesn't mean you didn't care, it means you're making space for what comes next.

Let's explore letting go through three powerful lenses:

ACCEPTANCE RELEASE TRUST

Let your writing be your tool to explore what you're holding that no longer serves you. Ask yourself what would become possible if you let go. Your journal is where release begins.



ACCEPTANCE

RELEASE

TRUST

02

ACCEPTANCE

Acknowledging what is, rather than clinging to what was or what you wish could be, **creates peace with reality.** Acceptance doesn't mean you like what's happening or that you're giving up. It means **you stop fighting reality.** You stop exhausting yourself trying to change what can't be changed. You acknowledge what is, exactly as it is.

As women, we're often taught to fix everything, to make everything better, to take care of everyone. When something isn't working, we try harder. We give more. We adjust ourselves. We hang on longer. We tell ourselves if we just do it right, we can make it work. But sometimes the most powerful thing you can do is **accept that something is over, or not right, or needs to change.**

Acceptance is the first step to letting go because you can't release what you haven't first acknowledged. When you write honestly about what is, not what you wish it were, you create space for acceptance. You stop wrestling with reality. You stop pouring energy into denial. You face what's true, and **that facing is what makes release possible.**



WRITE IN YOUR JOURNAL

Sit in Silence and think through the following prompts... jot down your answers

- What are you currently holding onto that weighing you down? A relationship? A resentment? An outdated version of yourself?
- What would acceptance of this situation look like? What's the truth you're avoiding?
- What keeps you from accepting what is? What are you afraid will happen if you stop fighting reality?



Acceptance is not defeat, it's clarity. Writing opens the heart and mind. See how you feel when you have written in your journal.

04

RELEASE

Consciously choosing to stop carrying what weighs you down **frees energy for what serves your growth and wellbeing.** Once you've accepted what is, you can choose to release it. Release is active, not passive. It's a choice you make, sometimes repeatedly, to **stop carrying what doesn't serve you.**

Release might mean ending a relationship that's been over for a while. It might mean forgiving someone who hurt you, not for them but for yourself. It might mean letting go of who you used to be so you can become who you're meant to be. It might mean releasing dreams that no longer fit, expectations that are crushing you, or resentments that are poisoning you.

As women, we're often taught that letting go means we didn't try hard enough, didn't care enough, didn't give enough. But that's not true. **Sometimes letting go is the bravest, strongest thing you can do.** Sometimes holding on is what's keeping you stuck, small, suffering. Release is how you free yourself. It's how you make space for what's trying to emerge. It's not giving up, it's letting go so you can move forward.



WRITE IN YOUR JOURNAL

- What would become possible in your life if you released what you're holding on to?
- What makes letting go feel difficult? Loss? Failure? Fear of the unknown?
- What ritual or action could help you symbolically release what you're ready to let go of?
- How would you put that into your daily life?



Check in with yourself. When you are answering questions, look at your answers. Are you ready to free yourself?

06

TRUST

Believing that **letting go creates space for something new** requires faith in yourself and in life's capacity for renewal. Letting go requires **trust**. Trust that you'll be okay without what you're releasing. Trust that something better might be possible. Trust that making space for the unknown is worth the discomfort of release.

This is perhaps the hardest part for many women. We want certainty. We want to know what comes next before we let go of what is. We want guarantees that letting go won't be a mistake. But life doesn't work that way. Letting go means stepping into uncertainty, and that takes courage.

Trust doesn't mean knowing how everything will work out. It means believing **you can handle whatever comes**. It means trusting your own resilience, your own adaptability, your own strength. You've survived every difficult thing you've faced so far. You've adapted to every change life has thrown at you. That's evidence. That's reason for trust. **Letting go is scary, but staying stuck is suffering**. Trust yourself enough to release what no longer serves you.



WRITE IN YOUR JOURNAL

- What evidence do you have from your own life that you can handle change and uncertainty?
- What would trusting yourself enough to let go look like? What would that feel like?
- Can anyone help you be accountable to yourself?
- What's one small thing you could release this week as practice for bigger releases?



Check in with yourself. Recognise that trust in yourself is the foundation of letting go. You are strong enough to handle what comes next.



} CONGRATULATIONS {

- You are now on your path to letting go through **Acceptance, Release and Trust.**
- Can you feel the shift?
- Through writing, you are making peace with what is and releasing what no longer serves you. Each journal entry is an act of liberation.
- Keep practicing. Letting go isn't giving up, it's making space for what's trying to emerge. You deserve that freedom.

Conclusion

Letting go isn't giving up, it's making peace with what is and creating space for what's trying to emerge. The energy you spend holding onto what no longer serves you is energy you could direct toward what does. As women, we're often taught that letting go means we failed, but sometimes it's the bravest thing we can do. Sometimes it's how we save ourselves. Release is a gift you give yourself, and trust in your own resilience is what makes that gift possible.

Keep writing - that is where you find the courage to release.

Your Next Steps



Create the life you want by boosting your Wellbeing.

The more you learn about helping your Mind the more positive you will become. Collect more ebooks from the library and create your own source for wellbeing

[CLICK HERE FOR THE WELLBEING LIBRARY](#)



ask@libbla.com



You know how to Let Go.

Write what you Feel & Rise

“

*Be the Guardian of your mind. Release
what no longer serves you. You are free.*

Write, write, write.

”

Additional Resources



Libbl'a Wellbeing
Library

Collect the Wellbeing Library, buy bundles, begin to work wellbeing into your daily life.

Online Course

Buy my online course, for individuals or coaches wanting a guide to the art of journalling and how it literally changes your life.

One to One
Coaching

Tailor made sessions to guide you through the hard times. My knowledge and methodology will surprise you! You will be renewed.

FREE 15 min
CHAT

Email and we can chat through your wellbeing wants.