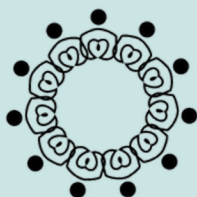
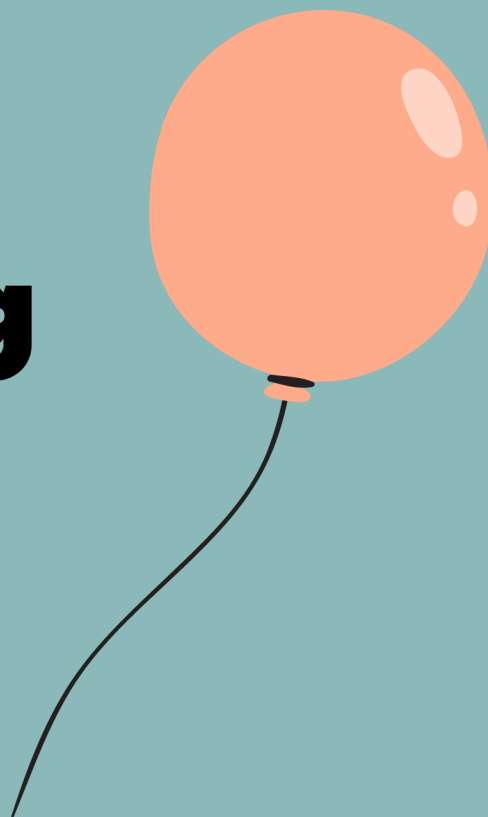


**Letting
Go**



Letting Go

What You'll Need!

- **Paper or sketchbook**
- **A pencil**
- **A quiet space**



Letting Go

Some thoughts, worries, or stresses from yesterday may still be with us. This activity helps you release what has past and focus on the present.

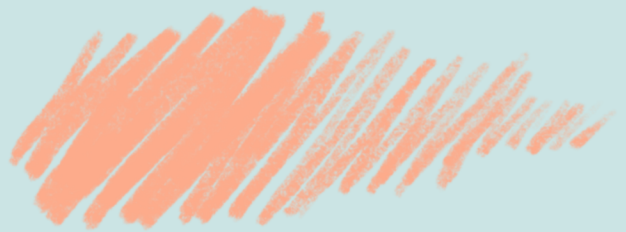
Let It Go

Step 1: Write or draw something from yesterday that you're ready to let go of – a worry, a stress, or a bothersome thought.

Step 2: Take your pencil and shade over it. You are in control of what happens now.

Step 3: Pause and breathe.

Yesterday is done, and tomorrow isn't here yet!



Each day is a fresh start. What do you want to focus on today?



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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Can't wait to see what you create!

