

# WEEK FOUR: EASY COME EASY GO.

WHAT LESSON IS BEING OFFERED TO YOU RIGHT NOW?

EMBRACE THE LESSON INSTEAD OF RESISTING IT.

LEARN.

GROW.

THEN WHEN YOU ARE READY; LET IT GO.

"WE ARE PRODUCTS OF OUR PAST, BUT WE DON'T HAVE TO BE PRISONERS OF IT." -RICK WARREN

ARE YOU READY TO LET IT GO?

GROW.

LEARN.

EMBRACE THE LESSON INSTEAD OF RESISTING IT.

WHAT LESSON IS BEING OFFERED TO YOU RIGHT NOW?

## JOURNAL PROMPTS:

1. WHAT CAN I POSSIBLY LEARN FROM WHAT I AM GOING THROUGH RIGHT NOW?
2. IN WHAT WAYS AM I RESISTING THE LESSON?
3. WHAT DO I WANT TO EMBRACE? WHAT KIND OF PERSON DO I WANT TO BE BECAUSE OF WHAT I KNOW NOW?
4. WHAT AM I READY TO LET GO OF?
5. WHAT DOES LETTING GO LOOK LIKE IN MY LIFE?

"I JUST NEED TO LET IT GO, WAITIN' ON A MIRACLE  
GUESS THAT'S JUST THE WAY IT GOES, EASY COME, EASY GO  
I JUST NEED TO LET IT GO, TURN IT DOWN AND LAY LOW  
IT'S JUST THE WAY IT GOES, EASY COME, EASY GO" -IMAGINE DRAGONS

What you are today is because of all your past experiences but the past does not define you. Yes, you can learn from the past, but you need not carry its burden on your shoulders.

"BE LIKE A TREE AND LET THE DEAD LEAVES DROP." – RUMI

"Your life is like a play with several acts. Some of the characters who enter, have short roles to play, others much longer. But all are necessary. Embrace them all and move on to the next act." -Wayne Dyer

AUTHENTICITY. THE DAILY PRACTICE OF LETTING GO OF WHO WE THINK WE ARE SUPPOSED TO BE AND EMBRACING WHO WE ARE." -BRENE BROWN

"Healing doesn't mean the damage never existed. It means the damage no longer controls your life." -Akshay Dubey

ANYTHING YOU CAN'T CONTROL IS TEACHING YOU HOW TO LET GO.

"The truth is, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward." -Dr. Steve Maraboli

