

## LET GO....

To “let go” does not mean to stop caring, it means I can’t do it for someone else.

To “let go” is not to cut myself off, it’s the realization I can’t control another.

To “let go” is not to enable, but to allow learning from natural consequences.

To “let go” is to admit powerlessness, which means the outcome is not in my hands.

To “let go” is not to try to change or blame another, it’s to make the most of myself.

To “let go” is not to fix, but to be supportive.

To “let go” is not to judge, but to allow another to be a human being.

To “let go” is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

To “let go” is not to be protective, it’s to permit another to face their reality.

To “let go” is not to deny, but to accept.

To “let go” is not to nag, scold, or argue, but instead to search out my my own shortcomings and to correct them.

To “let go” is not to adjust everything to my desires, but to take each day as it comes, and to cherish myself in it.

To “let go” is not to criticize and regulate anybody, but to try to become what I dream I can be.

To “let go” is not to regret the past, but to learn from it, and to grow and live for the future.

To “let go” is to fear less and love more.