



Who in your life makes you feel calm, alive, respected and seen?

What do they bring into your life? If anything, do they take anything away?

Who in your life that drains your energy and makes you feel small?

What do they take from you? How would it feel to set boundaries?

Is there anything in your life that makes you feel tired, drained or resentful?

This could be work or other responsibilities?

Is there anything that could make it feel light again?

Do you notice any places or environments where you feel drained?

Where do you feel overwhelmed? Where do you feel your best?

What do you keep saying 'Yes' to when you really mean 'No'?
How would it feel to finally say NO?

Is there something that has been weighing on you for a while?

Is there something that you are ready to finally let go of?

How would it feel to lighten that weight?

Write everything out here and say goodbye. Even if it is hard, say thank you for everything its presence has provided.

To let go, you can 'compost' this letter by burying it in soil or burning it.
(To burn, fill a large stainless bowl with water and keep it close to extinguish the flame. You may need to burn a bit at a time or do it outside. Burning transforms and releases the energy.)