

Letting Go Rituals

1. Write an issue on a piece of paper. Rip it up into little pieces.
2. Every time you pass a garbage can visualize throwing away negative thoughts.
3. Decorate a mason jar and write the quote "God collects our tears" on it. Keep it nearby to remember you are not alone in your letting go process.
4. Light a candle and pray for a person hurting you. Blow out the candle and pray to let go.
5. Listen to songs on letting go. My favorite is "Letting Go" by Matt Maher
6. Write your issue on a piece of paper and burn it into ashes.
7. Go to church and stand in front of the altar. Visualize placing your issue at the altar.
8. Keep a few small stones in your pocket. Every time you are ready to let go of an issue or an element of that issue, throw out the stone.
9. Journal your story with no filters and every raw emotion and then throw it away.
10. Schedule time in your day to pause and allow yourself to grieve.
11. Visualize God holding you as a small child with all your raw emotions.
12. Take a walk and step slowly. With every step, name something you are letting go.
13. Write an issue on a leaf and watch it blow away in the wind or float down a river.
14. Write an issue in the dirt and wipe it away with your hand or stomp on it with your feet. If you are at the beach watch the water wash away the words.
15. Color a picture representing your feelings.
16. Dance to a song that helps you physically feel an issue leaving your body.
17. Intentionally breathe in a positive thought and intentionally breathe out a negative one.
18. Carry a picture of someone or something for which you are saying goodbye. Each time you look at it, say a prayer of gratitude for a memory.
19. Write a note with a short prayer, "God, give me the grace to let go of..." Keep it in your pocket or on your phone screen.
20. Place a plant or flower in a place you frequently see as a reminder of the new life that comes from letting go.

