



“If you **want to fly**,  
give up everything that  
weighs you down.”

Discover what you can let go of ●



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Workbook 4. Discover what you can let go of

1. Reflection on the breathing session
2. Saying 'No' & setting boundaries
3. Cleaning up & creating space
4. Who are you with all this space?



# 01 *Reflection on the breathing session*

During the breathing session, you've let go of deeply worn patterns. You have worked with a strong and powerful affirmation.



My affirmation was: .....

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What other insights do you take with you from that session?

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# 02 *Saying 'No' & setting boundaries*

Realizing your desires often starts with saying 'No'. Setting boundaries and letting go of the things you no longer need. Therefore, it's important that we start by closing some doors. Because the moment we close doors, we create space for the doors to our desires to open!

It's time to say..... *no* ! .....to everything and everyone that doesn't serve you any longer.

Saying No and setting boundaries often is a scary thing to do. Yet, it is so important when you want to follow the unique path of your mission.

Take a look at your transformation goals. What things you currently do, support your goals and which don't?



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Letting go includes a lot of things. Situations that no longer serve you. People who don't make you feel happy anymore. Being overweight/underweight or not being satisfied with yourself. Certain actions or patterns you just keep doing. Or a job that doesn't make you happy anymore.

Which things do you want to let go of?

Think of those things that cost more energy than they give you.

*To what do you say 'No'?*

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

*Let's play!* 

Which of these things are scary to let go?  
Circle or mark these things :)

Feel the fear and describe what makes it so scary for you.

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Which boundaries are important to set for you?

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*Let's pause* ||

Look at your list again.  
Which of these things can you let go of **today**?

“Feel the fear and  
do it anyway!  
Just let go...”

What did it bring you?

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# 03 *Cleaning up & creating space*

Letting go also means cleaning up. Creating space! Get rid of the things that don't matter anymore or give them away. Clean up your kitchen, your office, your living room and your car.

**Start today with literally creating space...**



## *Opruimen*

And if it really makes you unhappy, permit yourself a housekeeper. Put up a note in the grocery store. Or offer a trade service. You will notice that when your house is clean, you also create space to give yourself the best you deserve.

# 04 *Who are you with all this space?*

Look at yourself in the mirror and  
look yourself in the eye. What do you see?

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**“One of the happiest moments in life  
is when you find the courage to let go  
of what **you can’t change.**”**

Now that you’ve created so much space. What possibilities do you see for yourself? .....

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