**LET GO**

*(A method for moving past limiting life choices by Lisa Orton)*

**(L)ist self or other-imposed limitations:**

In what life situations or events have you placed limits?

I can’t … Not enough time for … I’m too lazy to … My illness prevents me from …

**(E)xpose underlying beliefs**

 What patterns do you see?

 What do you believe about YOU that gets in your way?

 **(T)ake on new beliefs**

 Since thoughts held in mind produce after their kind, retrain your brain

 For each limiting situation, write the counter situation: I am always late 🡪 I was on time for …

*Notice where you have* ***LET*** *others (people, belief systems, stuff OUTSIDE of you)*

*control your thoughts, beliefs, and actions.*

*Decide to release the old (let them have their beliefs) and*

***GO*** *with the new (you have YOUR beliefs).*

**(G)et into action on changing beliefs**

 Create action plans to release old beliefs and implement new beliefs

 Use support systems, specific actions, affirmations, …

**(O)wn your new beliefs**

Regularly affirm the positive, practice new behaviors, **choose** many times each day from your NEW beliefs.