

# 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.