


10 Affirmations for Letting Go



I let go of past
negative experiences
daily.




I release all doubts
and my fears about
my future.



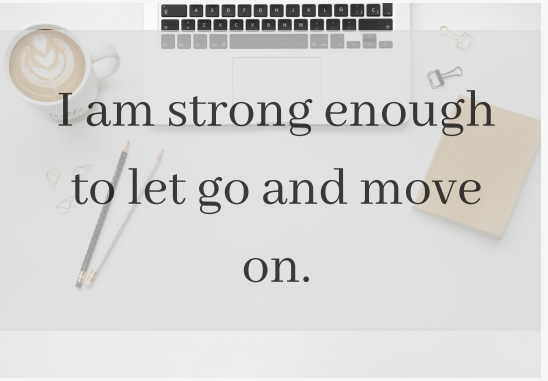
I am open to
experiencing new
opportunities.



I am making the best
decisions I can for
myself.



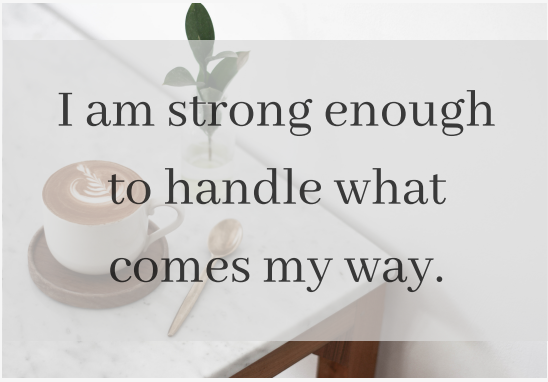
I trust the positive
change taking place
in my life.



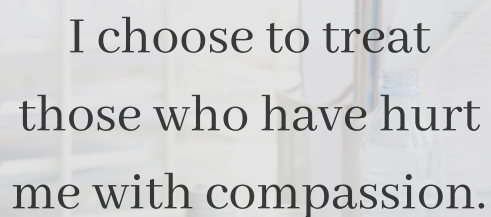
I am strong enough
to let go and move
on.



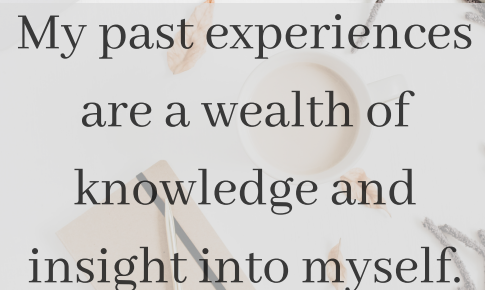
My past mistakes do
not define me.



I am strong enough
to handle what
comes my way.



I choose to treat
those who have hurt
me with compassion.



My past experiences
are a wealth of
knowledge and
insight into myself.