

Self Immolation/ Self Love - Week Six



LETTING GO!

Do you allow yourself to let go and go with the flow in life or do you spend your time overthinking, planning, striving and attempting to control the direction of your life?
Do you struggle to let go of people, situations?

Tick the statements that apply to you:

- I often feel stuck or blocked
- I often feel a lack of control
- I get angry, frustrated when things dont go my way
- I need to fix everything for everyone
- Life feels pressured and challenging
- I strive hard to achieve my goals
- I wish I could ask others for support
- I often feel overwhelmed
- Im tired of holding on for something to change
- I feel anxious about change
- I am tired of resisting change
- I try and control everything in my life
- I am constantly fighting my corner
- I cant let go of someone or something

*'The truth is,
unless you let
go, you cannot
move forward*

Week Six - Self Immolation/ Self Love



Reflect on the different areas of your life:
Work, finances, family, relationships, children, health etc

Ask yourself the following questions:

In which areas do I try to micromanage, manipulate, push, strive or control?

How does this affect your energy and motivation?

What would happen if you let go?

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

Week Six - Self Immolation/ Self Love



Where do you need to let go of the internal pressure you put upon yourself?

What or who are you resisting that could help you feel more happiness?

What are you attached to? - Status, material things, money, relationship?

What or who do you hold on to which creates pressure on you and your life or keeps you stuck?

How do your attachments and ambitions affect your life, your energy and flow?

*'In the end,
only three
things matter:
How much you
loved, how
gently you loved
and how
gracefully you
let go of things
not meant for
you'*

Week Six - Self Immolation/ Self Love



In each area where you have identified you are attempting to hold on and control, ask yourself the following questions:

Who would I become if I finally let go?

How could my life change?

How could this impact the people around me?

'One of the most courageous decisions you will ever make is finally letting go of what is hurting your heart and soul'