



Letting Go – a Practical Exercise

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Sometimes we can feel tired, overwhelmed, panicked, anxious or depressed because we are dragging around stuff which is no longer useful. **A strong sign of the need to declutter and ‘let go’ of unhelpful stuff is lowered levels of tolerance, irritability and unusual (not how you normally are) mood swings and ‘out of character’ behaviours.**

Letting go of those things which no longer work for us can be extremely freeing and healing but can be hard to start. Use this simple guide to help you with the process.

Inventory range (what might need to be examined/what might need to go)

- a) material possessions (books, clothes, music, furniture, photographs, ‘stuff’....)
- b) professional possessions (bank accounts, companies, files, contacts etc)
- c) living ‘possessions’ (plants, pets, friends, people)
- d) emotional/mental possessions (hurts, wounds, reactions, triggers, memories, resentments, stories, limiting beliefs, expectations, opinions, ideas, world views etc.)
Any emotional reaction which lasts longer than a minute is also generally a sign that a bigger hurt or problem needs examination or assistance.
- e) behavioural possessions – linked to D above, habits/routines, reactions and triggers



How to use this tool:

Think about your life and what drags you down/makes you feel overwhelmed/tired/irritable/anxious. List them in the left column. Then for each thing you identify, answer the questions in the remaining columns.

What is DRAGGING ME DOWN? (how does it FEEL when I think about it - a YES or a NO?)	Will I keep this or LET GO? (WHAT DO I WANT?)	IF IT's GOING Physical clutter - (sell, give away, throw away, rehome)	IF IT's GOING Emotional/mental clutter - mentally 'let go', create boundaries, forgive, decide, brainstorm etc.	Next Steps



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This is quite a tough exercise and you may need to go back and rethink it regularly. If you feel stuck feel free to book with The Uncommon Coach - <https://fb.com/book/theuncommoncoach/>