



LET IT GO



WE CANNOT CONTROL
THE CIRCUMSTANCES

BUT THIS DOES NOT
MEAN WE ARE
POWERLESS

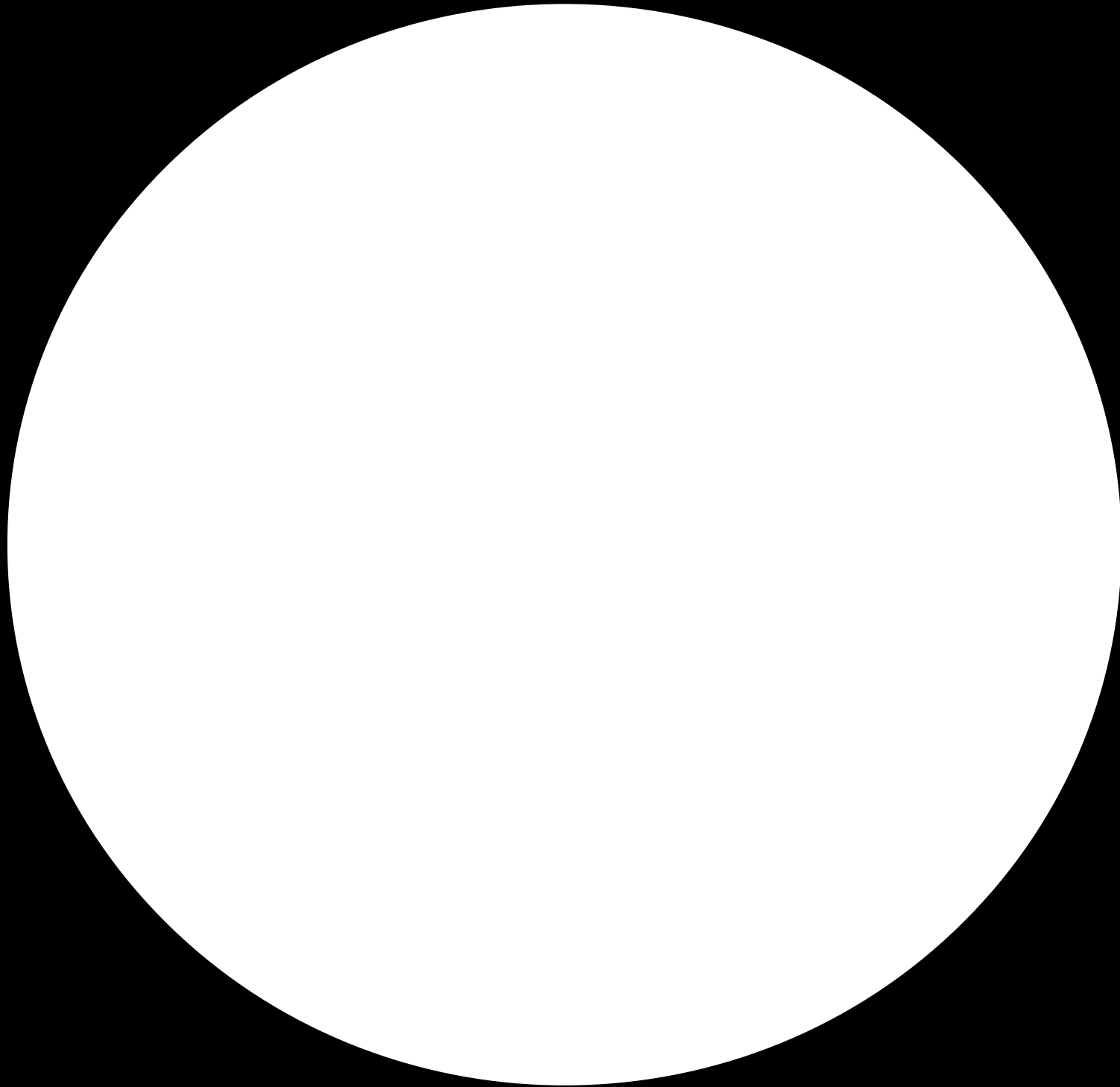


GET IT ALL OUT

On a piece of paper brain dump EVERYTHING that is worrying/upsetting/angering/frustrating you right now. Get it all down out of your head on to paper.



NOW DRAW A BIG CIRCLE



THIS IS YOUR CIRCLE OF INFLUENCE

LOOKING AT YOUR
LIST, WRITE
ANYTHING THAT YOU
CAN INFLUENCE
(EVEN PARTIALLY) IN
HERE

NOT EVERYTHING BELONGS IN HERE

LOOKING AT YOUR
LIST, WRITE
ANYTHING THAT YOU
CAN INFLUENCE
(EVEN PARTIALLY) IN
HERE

WRITE ANYTHING
YOU **CANNOT**
CONTROL OUTSIDE
OF YOUR CIRCLE

GET ACTION FOCUSED

Looking at all of the things in your circle, brainstorm things you can do to deal with these head on. What one action could you take to make each of these a little better?

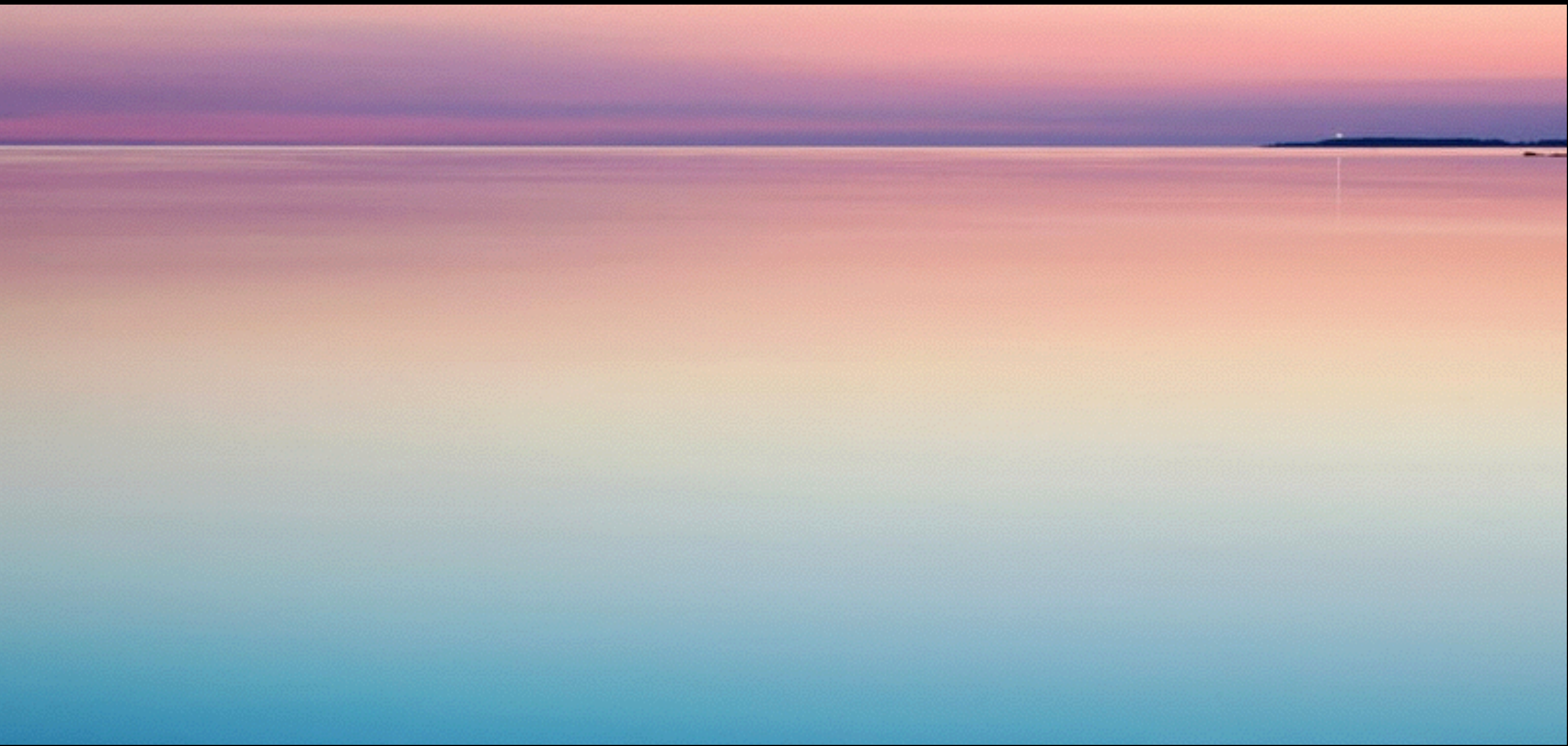


AND LET GO

Destroy - rip, scribble, burn, throw - everything that is outside of your circle of influence. Let it go. Release it. You cannot change it so it does not deserve your energy.



I WONDER WHAT YOU NOTICE NOW?





www.instagram.com/action_woman