




What I Keep, What I Let Go


A REFLECTION SHEET TO
LET GO, LET IN, AND
MOVE FORWARD



*I no longer carry stories that
don't belong to me.*

NEXT CHAPTER WOMAN

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What I Keep ~ What I Let Go ✨

WHAT PARTS OF MY STORY HAVE I BEEN
HOLDING ONTO THE LONGEST? ✨

ARE THERE MOMENTS, MESSAGES, OR MEMORIES
THAT STILL CARRY WEIGHT?

WHAT HAVE I BEEN CARRYING THAT
DOESN'T TRULY BELONG TO ME?

✨
BELIEFS, ROLES, OR RESPONSIBILITIES THAT
WERE NEVER MINE TO BEGIN WITH?

WHAT DO I WANT TO KEEP
FROM THIS PART OF MY JOURNEY?

EVEN PAINFUL EXPERIENCES MAY HOLD
WISDOM, GRIT, OR GROWTH. ✨

LET GO ~ LET IN ~ MOVE FORWARD

Sometimes the stories we carry begin long before we can name them. They show up in how we love, how we protect ourselves, and how we believe we need to be. But not every story is meant to come with us into the next chapter.

✨ ✨
This reflection sheet is here to help you pause, notice what's been weighing you down, and choose—gently, deliberately—what you want to keep and what you're ready to let go of. You don't need to have all the answers. You just need a bit of space, a pen, and a willingness to explore with honesty and compassion.

Whether you're working through this as part of your healing, your journaling practice, or alongside a podcast episode, this is your time. Let it be slow. Let it be soft. Let it be yours.

What I Keep ~ What I Let Go ✨

LETTING GO OF THE "NOT ENOUGH" STORY

"I USED TO BELIEVE I WASN'T

_____ ENOUGH BECAUSE

WHAT IS NO LONGER TRUE FOR ME?

✨ WHAT CAN I LET GO OF RIGHT NOW?

WHAT DO I KNOW TO BE TRUE
ABOUT WHO I AM TODAY?

LIST AT LEAST THREE PERSONAL STRENGTHS
THAT ARE YOURS TO KEEP.

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ANCHORING AFFIRMATIONS

- I NO LONGER CARRY STORIES THAT WERE NEVER MINE,
- I CHOOSE WHAT I KEEP I CHOOSE WHAT I RELEASE.
- I AM GOOD ENOUGH – THEN, NOW, ALWAYS.
- I LET GO OF THE ANGER. I MAKE SPACE FOR JOY.
- I CARRY FORWARD ONLY WHAT SERVES ME NOW.

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