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## Week 10

### 10 to Zen

1. Let go of comparing
2. Let go of competing
3. Let go of judging
4. Let go of anger
5. Let go of regrets
6. Let go of worrying
7. Let go of blame
8. Let go of guilt
9. Let go of fear
10. Have a proper belly laugh at least once a day,  
especially if it's about your inability to let go of any or all of the above!



