
Week 6

Let Go

To 'let go' is not to criticise and regulate anybody but to try to become what I dream I can be.

To 'let go' is not to regret the past, but to grow and live for the future.

To 'let go' is to fear less and love more.

To 'let go' is not to argue, but instead to search out my own shortcomings and correct them.

To 'let go' is to take each day as it comes and to cherish myself in it.

