Letting Go Plan

I am letting go of _____ and creating space for _____

Item	Start Date	Discard	Donate	Sell	Repair	Replace	Reframe	Intention	Energy Units	End Date
Example 1: My in laws old picture in our kitchen	1/12						X	***I am invoking the love and guidance of my husband's grandma each time I see it.***	5	1/17
Example 2: My old red pants that don't fit nice and bother me	1/12		X						5	1/19

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