inspire balance

coaching parents, teens & young adults

A Let-it-Go Letter

Dear _____,

I am writing this letter so I can let go and move on!

What makes me really angry is….

I am surprised by/that…..

What hurts me most is…

I am disappointed in/that….

What I wish is…

Where I went wrong is…

What I am sorry about is…

What I really want you to know is….

What I now know is….

Something I have learned about myself is…..

What I want for myself now is…

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