



Rebecca Ronane
Forward after Fifty



Letting Go

BACKGROUND:

Through life, we accumulate more than just memories we gather expectations, roles, responsibilities, regrets, old stories, and emotional baggage.

At this stage, letting go isn't about giving up it's about freeing up.

Freeing your time. Your energy. Your identity.

So that who you are now not who you were, or who others expected you to be, you can finally breathe.

Letting go doesn't mean forgetting or approving. It means loosening your grip so you can move forward with more ease and clarity.

WHY THIS MATTERS:

We often hold on without realising it to habits that no longer serve us, to guilt that weighs us down, to stories we've outgrown. But the simple act of naming what we're still carrying brings it into awareness where real change begins.



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INSTRUCTIONS:

Take a few moments to sit quietly.

You don't need to fix anything or even be ready to let go.
Just reflect on the questions below and write whatever comes to mind

- What are you still carrying that no longer belongs to you?
- What slows you down, drains you, or steals your joy?
- What are you tired of pretending doesn't bother you?
- What would feel like a relief to set down finally?

LET GO LIST:

Write freely. There are no wrong answers. You can use words, phrases, names, emotions whatever feels real.



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NEXT STEP (Optional Reflections)

Choose one item and gently ask:

- What has this cost me emotionally, mentally, or physically?
- What belief or story keeps me holding on?
- What might life feel like without it?

Let the answers come without judgment.

REMEMBER:

Letting go doesn't have to happen all at once.

You don't need to know how—only that you're willing.

"You can't pour from a cup that's already full.

Letting go creates space for what's next."