

Letting Go

WORKBOOK

RELEASE | REFLECT | RENEW

A watercolor illustration of several pink flowers and green leaves. The flowers are in various stages of bloom, with some showing more detail in the petals and centers. The leaves are long and pointed, with visible veins. The overall style is soft and artistic, with a gentle color palette.

A NOTE FOR YOU

Letting go is not about forgetting or erasing what happened. It's about freeing yourself from the grip of the past so you can step fully into the present. This is your space to feel, reflect, and release at your own pace.

There are no right or wrong answers - only your truth.

Take a deep breath. Let's begin.

The River Knows: A Tale of Letting Go

Aarav stood by the riverside, watching the golden hues of the sunset ripple across the water. His hands clenched an old photograph—one he had carried for years, yet could never bring himself to put away. It was a picture of him and his best friend, Riya, taken years ago when laughter came easy, and life felt limitless. But time had woven a different story. They had drifted apart, not with anger, but with silence—an unspoken goodbye.

For years, Aarav held onto memories, replaying conversations, wondering if he could have done something different. The weight of “what ifs” pressed heavy on his chest, keeping him anchored to a past that no longer existed. That evening, an old man sat beside him on the riverbank. He had seen Aarav there before, lost in thought.

“You carry something heavy, son,” the man said gently. Aarav hesitated before showing him the photograph. “I don’t know how to let go,” he admitted, his voice barely above a whisper.

The man picked up a small leaf and held it between his fingers. “Do you know how rivers flow?” he asked. “They never hold onto the leaves that fall into them. The river lets them go, knowing it must keep moving forward.”

Aarav watched as the man placed the leaf onto the water. It floated for a while, carried gently by the current, before disappearing into the horizon. “Letting go isn’t forgetting,” the man continued. “It’s accepting that some things are meant to be a part of your story, but not the whole book.”

Aarav felt something shift inside him. Maybe letting go wasn’t about erasing the past but about making peace with it. He looked at the photograph one last time, smiled softly, and placed it on the water. The river carried it away, just as it did with the leaf.

A strange lightness filled his heart. The past would always be a part of him, but it no longer had to weigh him down. As he walked away from the riverbank, he felt something he hadn’t in a long time—freedom.





PEOPLE HAVE A HARD TIME LETTING
GO OF THEIR SUFFERING. THEY PREFER
SUFFERING THAT IS FAMILIAR TO THE
UNKNOWN.

— THICH NHAT HANH





LETTING GO...

DAY 1 | DATE

STEP 1: AWARENESS LISTENING TO WHAT'S WEIGHING YOU DOWN

1. WHERE ARE YOU RIGHT NOW?

Take a moment to pause and feel into this present moment.
How do you feel physically, emotionally, and mentally?



If I were to describe the weight I carry, what would
it feel like? Where do I sense it in my body?

2. WHAT ARE YOU HOLDING ON TO?

Close your eyes and allow the first thought, memory, or feeling
to come to mind. Trust what arises.



I feel like I can't let go of _____ because



LETTING GO...

DAY 1 | DATE

STEP 2: ACCEPTANCE MAKING SPACE FOR THE TRUTH

1. SITTING WITH YOUR FEELINGS

Give yourself permission to feel everything. Anger, sadness, fear - everything is valid. Write your feelings.

If my feelings could speak, what would they say to me right now?

2. WHAT IS THE COST OF HOLDING ON?

Reflect on how this weight affects your life - your relationships, joy, and sense of self

By holding on to _____, I am losing .



LETTING GO...

DAY 1 | DATE

STEP 3: RELEASING & REFRAMING

1. RELEASING

What would my life look like if I let go of this?

What small step can I take today to release this?

2. REFRAMING

What can I learn from this?

How has this experience helped me grow?



LETTING GO...

DAY 2 | DATE

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DAY 4 | DATE

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DAY 5 | DATE

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LETTING GO...

DAY 6 | DATE

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LETTING GO...

DAY 7 | DATE

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LETTING GO...

DAY 8 | DATE

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How do you feel physically, emotionally, and mentally?



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DAY 9 | DATE

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DAY 10 | DATE

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The Present Moment is a step towards creating a well-knit community of mindfulness practitioners in India.

Through research-based mindfulness and cognitive therapy practices, our transformative courses support you to unlock a deeper and more mindful understanding of yourself and the world around you.

We believe in the power of living in the present and cultivating it to achieve the capacity to deal with our emotions effectively and live every day optimally.



**Yamini Negi,
Founder, The Present Moment**

