

What Feels Heavy/ What Feels Light



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Releasing What Feels Heavy

Take a moment to reflect on the aspects of your life that feel burdensome or draining. Consider the thoughts, emotions, relationships, or situations that weigh you down. Use the space below to journal about these heavy feelings and explore ways to release them. Imagine yourself letting go of these burdens and creating space for lightness and joy.

Consider these prompts:

- What situations or relationships are draining my energy?
- What limiting beliefs are holding me back?
- What am I holding onto that no longer serves me?
- What fears or anxieties am I ready to release?

(Space for Journaling)

Attracting What Feels Light

Now, shift your focus to the aspects of your life that bring you joy, peace, and inspiration. Consider the people, activities, and experiences that make you feel light and uplifted. Use the space below to journal about these positive feelings and explore ways to attract more of them into your life. Visualize yourself surrounded by lightness and joy, and affirm your ability to create a life filled with abundance and fulfillment.

Consider these prompts:

- What activities or hobbies bring me joy and energy?
- What qualities do I admire in myself and others?
- What positive affirmations resonate with me?
- What dreams and aspirations am I ready to manifest?

(Space for Journaling)

This worksheet has been designed to help you identify and release what no longer serves you, and to attract more of what brings you joy and fulfillment. By engaging in this practice regularly, you can

cultivate a more positive and empowering mindset, and create a life that aligns with your highest potential.