



*Let Your Leaves Fall
Affirmations for
Letting Go*



*I release the stories
that make me feel
small*



*I am at peace
with the past*

*I allow myself
to move forward
in life*

*What happened in
my past has shaped
me in a positive way*



*When I heal myself,
I help to heal the
world*



*I hold compassion
towards myself*



*I embrace new
patterns and
ways of being*