



"Let Them" Weekly Practice Worksheet

Use this tool to track your mindset shifts all week:

1. What's the relationship or situation this week where you felt yourself snap or getting irritated?
2. What was the trigger, what made you feel like you were going to snap, and how did you respond?
3. What action did you take, that was in your control to address situation?

<https://leapretirement.com/let-them-the-ultimate-mindset-shift-for-a-happier-retirement/>

Day	Situation You Let Go	Trigger & Your Response	Boundary You Set ("Let Me")
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Visit www.LeanRetirement.com for the best free resources for non-financial retirement planning.