

Let Go to Let In: Reflection Worksheet

Stop Chasing Happiness in Just One Area of Life This Week

Take a gentle, honest pause this week. Reflect without judgment—learn from your past, don't critique it. Use the worksheet below to support your journey. Print it out and fill it in each day if possible; small shifts, practiced often, lead to lasting change.

Instructions

- Pick one area of your life: money, fitness, friendships, mornings, or any aspect you notice yourself striving in.
- Instead of trying to make yourself happy there, simply observe. Be still. Accept. Appreciate what already is, rather than forcing what should be.
- Each day, fill in the enlarged table below. Be honest, be gentle, and notice your shifts.

Let Go to Let In Worksheet

Area of Life	What I'm Trying to Force	What I Will Let Go This Week	What I Noticed When I Let Go

Daily Reflection

- Did letting go change your mood or mindset?
- What did you appreciate about the present moment?
- Are there any other areas where you notice a tendency to chase happiness?

Print this worksheet. Let your reflections guide you gently—growth comes, not from force, but from acceptance and curiosity.

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