

The Let-Go List Worksheet

Created by Dave Smith | www.leapretirement.com

This worksheet is designed to help you clear out the clutter—mental, emotional, and calendar-based—so you can make space for the next phase of your life to flourish.

Worksheet: The Let-Go List

Category	What's Holding You Back?	What You'll Gain by Letting Go	First Small Step to Release It
 Mindset			
 17 Time Commitments			
 Relationships			
 Expectations			
 Unspoken Assumptions			

Reflection Prompt

- Which release feels the scariest?
- Which one feels the most freeing?
- What support or accountability do you need?

Take your time to fill out the worksheet and reflect on your answers. Letting go can be challenging, but it opens the door to new possibilities and greater fulfillment in your next chapter.