



The Soulful Sunday Subscription

September 28, 2024

Letting Go of the Stories We Tell Ourselves

We all have stories we tell ourselves—about what might happen, what could go wrong, and how things might unfold in ways that we fear. These stories often take on a life of their own, creating unnecessary anxiety and stress. The truth is, most of the things we worry about **never happen**, or they aren't nearly as bad as we imagined. As Mark Twain once said:

“I’ve lived through some terrible things in my life, some of which actually happened.”

This week, we’re going to dig deeper into the stories we create in our minds, reflect on how they shape our emotions and behavior, and focus on **letting go** of those that no longer serve us. Just like the trees in the fall shed their leaves, we’ll explore ways to release the mental clutter that’s been holding us back.

Identifying the Stories We Tell Ourselves

Start by reflecting on the stories you're holding onto right now. What are the fears or worries that keep popping up in your mind? These could be related to your relationships, work, health, or anything else causing you stress.

Journaling Prompts:

1. **What are some of the recurring worries or stories I tell myself?**
 - _____
 - _____
 2. **Are these stories based on facts, or are they assumptions or worst-case scenarios I've created in my mind?**
 - _____
 - _____
 3. **How do these stories make me feel? What emotions do they trigger (e.g., anxiety, fear, frustration)?**
 - _____
 - _____
 4. **How do these stories affect my actions and behavior? Do they hold me back from doing things I want or need to do?**
 - _____
 - _____
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Challenging the Stories

Now that you've identified the stories you've been telling yourself, let's challenge them. Not everything that comes to mind is true or useful. You have the power to reframe these thoughts and find a healthier perspective.

Journaling Prompts:

1. **What evidence do I have that these stories are true?**
 - _____
 - _____
2. **What is a more balanced, realistic way of looking at the situation?**
 - _____
 - _____
3. **How would I feel if I let go of this story? What would my life look like without this particular worry?**
 - _____

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Letting Go Ritual

It's time to let go of the stories that no longer serve you. Just like the trees let go of their leaves in the fall, it's your time to release what's weighing you down. This simple ritual can help you symbolically and mentally let go of your worries.

The Letting Go Ritual:

1. **Find a quiet space** where you won't be disturbed.
 2. **Write down the stories or worries you want to let go of** on individual pieces of paper. As you write, acknowledge the emotions they bring up but commit to releasing them.
 3. **Light a candle or take a deep breath** to center yourself.
 4. **One by one, crumple up each piece of paper** (or safely burn it, if you prefer), saying: *"I release this story. It no longer serves me. I choose to trust that life unfolds in its own time, and I am strong enough to handle what comes my way."*
 5. **Take a few moments of silence** after each release to breathe and feel the space you've created.
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Reframing Your Thoughts

Now that you've let go of the stories weighing you down, it's time to replace them with more empowering thoughts. Let's create new stories that serve your well-being and help you embrace the present.

Journaling Prompts:

1. **What is a new, positive story I can tell myself about this situation?**
 - _____
 - _____
 2. **How can I approach future challenges with a mindset of trust and resilience, rather than fear?**
 - _____
 - _____
 3. **What affirmations can I repeat to remind myself to release unhelpful stories?**
 - _____
 - _____
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Affirmations for Letting Go and Embracing Clarity

Affirmations are a powerful tool to reprogram your mind and replace negative stories with positive beliefs. Use these affirmations daily to help you stay grounded and let go of unnecessary worries.

Affirmations:

“I release the need to control everything. I trust that I am strong enough to handle whatever comes my way.”

“I let go of the stories I’ve been telling myself. I choose peace and clarity.”

“I am safe in the present moment. I release what I cannot control and embrace the possibilities ahead.”

“I trust life’s unfolding. I am resilient, capable, and open to positive outcomes.”

Fall-Inspired Self-Care Practices

As you move through the process of letting go, it’s important to nurture yourself with calming, grounding activities that support your emotional well-being. Here are a few fall-inspired self-care practices to try this week:

1. **Nature Walk with Intention:** Take a walk in nature, noticing how the trees let go of their leaves. Use this time to reflect on what you’re letting go of, allowing the beauty of fall to remind you that release is part of growth.
 2. **Warm Bath Ritual:** Add some fall-scented essential oils (like cinnamon or clove) to your bath. As you soak, visualize the worries washing away, leaving you feeling lighter and more at peace.
 3. **Gratitude Journaling:** Each evening, write down three things you’re grateful for. Gratitude helps shift the focus away from fear and onto the abundance in your life right now.
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This week is all about recognizing the stories we tell ourselves and choosing to release the ones that no longer serve us. As you work through these exercises, remember that letting go is a process, not a one-time event. Be gentle with yourself as you move through this journey, and trust that you have the strength to rewrite the narrative in your life.

Take time to nurture your mind, body, and soul, knowing that clarity comes when we let go of what’s weighing us down.

Have a beautiful week,

Charity xoxo