

**LETTING GO** ...To let go doesn't mean to stop caring:  
it means **I can't do it for someone else.**

To let go is not to cut myself off;  
it is the realization that **I can't control another.**

To let go is not to enable,  
but to allow learning from natural consequences.  
To let go is to admit **powerlessness**,  
which means the outcome is not in my hands.

To let go is not to try to change or blame another;  
**I can only change myself.**

To let go is not to care for,  
but to **care** about.  
To let go is not to fix,  
but to **be supportive.**

To let go is not to judge,  
but to allow another to be a **human being.**

To let go is not to be in the middle arranging outcomes,  
but to allow others to effect their own outcomes.  
To let go is not to be protective;  
it is to permit another **to face reality.**

To let go is not to deny,  
but to **accept.**

To let go is not to nag, scold, or argue,  
but to search out my own shortcomings and to correct them

To let go is not to adjust everything to my **desires**,  
but to take each day as it comes and to cherish the moment.

To let go is not to criticize and regulate anyone,  
but to try to become what **I dream I can be.**  
To let go is not to regret the past,  
but to grow and **live for the future.**

**To let go is to fear less  
and love more.**

**Nelson Mandela**

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