



TAKE THE CHALLENGE

let it go

LET GO OF A MARITAL GRIEVANCE

“If we want to create a more positive future with our partner, there is enormous value in focusing on the positive with our partner. Couples who are more unified use more cooperative pronouns like ‘we’ or ‘us’ instead of ‘you’ or ‘he’ or ‘she’ when describing events.”

-Matt Townsend

LET GO OF A PIECE OF CLOTHING YOU HAVEN'T WORN IN A YEAR

“Wearing something ordinary, can make you feel and act ordinary. Let go of the ordinary and replace it with extraordinary. One piece of clothing that brings out your very best has far greater value than 10 pieces of clothing that make you feel average.”

-Holly Stone

LET GO OF AN EXPECTATION

“Instead of trying harder, try letting go!”

-Julie Hanks

LET GO OF A GRUDGE

“Just a smudge of love can budge a grudge.”

-Liz Hale

LET GO OF CLUTTER

“Excessive things can be so restricting. Letting go of clutter helps you reclaim time for important things in your life; family, friends, talents, hobbies, service to others.”

-Leanne Jacobs

WHAT WILL YOU LET GO?

#letitgo