

Letting Go:

A STEP-BY-STEP ART JOURNALING PRACTICE



WHAT IS LETTING GO & WHY IT MATTERS

Letting go is the conscious act of releasing what weighs you down — whether it's a memory, belief, emotion, expectation, or story you've been holding onto. It's not about ignoring the past or pretending pain never existed. Rather, it's about honoring your experience, accepting what cannot be changed, and creating space for something new to grow.

We often carry things far longer than we need to — guilt, resentment, fear, or patterns that no longer serve us. These can block our energy, cloud our clarity, and keep us stuck in cycles of emotional discomfort.

Letting go is an important part of emotional healing. It allows you to move forward with greater lightness, freedom, and self-compassion. It's a process of reclaiming your inner space — gently and mindfully.



A Gentle Journey of Release

This journal gently guides you through the process of letting go using creativity and self-reflection. As you engage with the prompts and visuals, you'll uncover what you're ready to release and begin moving forward with clarity and purpose.

What you will be doing

This art journaling activity is a 3 step process to help you

- Reflect
- Express
- Release & Transform

Step 1 : Create a Calm Space

- Find a quiet place where you feel safe and comfortable.
- Take a few deep breaths to center yourself.
- Optional: Light a candle, play calming music



Step 2 : Identify What You're Holding On To

- Reflect on what's been heavy on your heart — a thought, memory, belief, or situation.
- Write a few words or sentences about it in your journal.

Step 3 : Express it Visually

- Use colors, shapes, or symbols to express what you're ready to let go of.
- Let your emotions guide your hand.
- Don't worry about how it looks — this is about expression, not perfection.
- You might paint a stormy sky, scribble with intensity, or draw something that symbolizes the weight you've been carrying.



Step 4 : Transform the Art



- Layer over your image with new colors, textures, or uplifting symbols.
- Add words or affirmations that represent release, peace, or clarity.
- This step symbolizes your choice to let go and move forward

Step 6 : Write a Release Statement

- On a fresh space, write:
 "I now choose to let go of..."
 "I give myself permission to release..."
- Repeat as needed until it feels true in your heart

Step 6: Close with Compassion

- Take a few deep breaths.
- Place your hand over your heart and thank yourself for showing up.
- Optional: Write a kind note to yourself or a word that captures your feeling (e.g., light, free, peace).





REMINDER:

Letting go is not a one-time act — it's a practice.
Be gentle with yourself as you move through it.

IF YOU FEEL YOU NEED INDIVIDUALIZED SUPPORT WITH THIS PRACTICE,
FEEL FREE TO BOOK A ONE-ON-ONE SESSION.

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