

The 5 Core Principles of Let Go & Grow

1. You are the creator of your reality

2. You have the power to choose

3. Challenges are opportunities for growth and development

4. When you get it, your body and life will begin to reflect it

5. Your entire life happens for you not to you

LET GO & GROW GUIDELINES

MIND

Be present and receptive

Choose to observe rather than judge

Exercise your power of choice

Embrace your feelings. Ask solution-oriented questions

Focus on what works, let go of what does not

HEART

Go within and connect to your heart

Notice when you expand and when you contract

Tune in and seek the essence

Cultivate gratitude and appreciate your experiences

Have compassion for yourself and others

BODY

Eat healthy, real food that works for your body

Move your body in a way that you enjoy

Make time to play, explore and be in nature

Take the time to process and reflect

Optimize your sleep for deep restoration

LIFE

Take ownership of your life

Release resistance for resilience

Check your intentions to empower your choices

Communicate clearly and directly

Enjoy the journey and focus on the process