

Letting Go Worksheet: Release into Nature

Understanding Letting Go

Letting go isn't about forgetting or ignoring things. It's about noticing what weighs you down, like thoughts, feelings, habits, or attachments, and choosing not to cling if those things are causing you stress.

Your mind holds tight because it thinks holding on will protect you. But repeated clinging creates automatic tension, stress, and suffering. Nature doesn't hold on; leaves fall, rivers flow, seasons change. Learning to let go is learning to flow like nature, moving with life instead of resisting it.

Reflection Questions

What thoughts, feelings, or habits are you holding onto right now?

How do they affect your body, mood, or decisions?

When have you tried to control something that couldn't be controlled?

How would your day or life feel lighter if you could release this attachment?

What's stopping you from letting go?

Ecotherapy Exercise: “Release into Nature”

Instructions

1. Go outside to a natural space like a park, garden, or even a patch of grass in your back yard.
2. Stand or sit comfortably and take a few deep breaths.
3. Choose something symbolic to let go of. This could be a thought, feeling, or habit.
4. Visualize it in your hands. Notice its weight.
5. Slowly open your hands and let it fall to the ground, float away, or blow off in the wind.
6. Observe how your body feels as you release it. Notice tension leaving your muscles or shoulders.
7. Take a few more breaths, noticing the present moment around you: the ground, air, sounds, movement.

Repeat as needed for additional thoughts or feelings.

Prompted Reflection

How did it feel to “release” something physically and mentally?

What sensations arose in your body when letting go?

Did any resistance or judgment come up? How did you respond?

How is your mood or energy different afterward?

Integration: Practicing Letting Go Daily

Journaling Prompts

Which habitual attachments are easiest to release? Which are hardest?

What small things could you let go of today to make life lighter?

How might practicing letting go change your reactions to challenges?

What's one thing you notice that you are ready to release right now?

Micro-Practice

Pause for one minute, notice a thought or tension in your body, and visualize releasing it into the air, ground, or water.

Optional Challenge

1. Choose one recurring worry or irritation each day for a week.
2. Practice letting it go outdoors, observing the natural world as your model for flow.

Letting go is rarely a one-time event. It's a practice: notice, release, breathe, repeat. Nature does it effortlessly. Your mind can too, with a little practice.