

What do you need to let go of to move forward?

In this exercise, write down all the things you need to let go of in order to move forward in reclaiming both your serenity and your calm.

Just write about all of your current beliefs in the LEFT column and then ask yourself what you need to let go of to move forward. Remember that mindfulness is about being with what is without judgment. Write what comes to your mind in this moment without censoring yourself.

What are your current beliefs about your stress level?	What do I need to let go of to move forward on this path?
What are your current beliefs about mindfulness?	What do I need to let go of to move forward on this path?

What are your current beliefs about your workload?

What do I need to let go of to move forward on this path?

What are your current beliefs about your students?

What do I need to let go of to move forward on this path?