

Releasing Old Energy



Slow down and close your eyes. Where are your thoughts going? Are they in the past, the present moment, or planning out a future? Are you practicing for a future conversation or rehashing something from the past? Write your answer here after your check in with your mind:

Now close your eyes and release all that energy. Let it go to the past or the nonexistent moment where it belongs. Open yourself to a new future. Be present. any new thoughts that come, allow them to float away. Thank them, and welcome something new, something fresh, something connected to your future, even more perfect self. Write a new, beautiful thought here:

